THE CAstel of health.

Corrected and in some place augmented, by the fyrst author therof, syr Thomas Elyot, knyght, the yeare of oure lord.

1561.

THE PROHEME

OF SYR THOMAS ELYOT knyght into his boke called the Castel of health.

GALEN THE MOST EXcellent Phisycion feared, that in wryting a compendious doctrine for the curing of sickness, he shoulde loose all his labour, for as much as no man almoste dyd endeuoure hym selfe to the fyndynge of trueth, but that all men dydde so much esteeme ryches, possessions, authorite and pleasures, that they supposed them which were studious in any part of Sapyence, to be madde or distract of their wittes, for as muche as they demed the chiefe sapiēce, which is in knowlage of thinges belongyng as wel to god as to man, to haue no beyng. Sens this noble wryter foūd that lacke in hys time, whan there flouryshed in sundry countreis a great multitude of men excellent in al kindes of lerning, as it yet doth appere by some of their wrokes, why should I be greeued with reprooches, wherwith some of my countrey do recōpence me, for my labours takē without hope of temporal reward, onely for the feruent affection, which I haue euer borne toward the publike weale of my countrey, a worthy matter, saieth one, sir Thomas Elyot is become a physicyon, and wryteth in physike, which beseemeth not a knyghte, he mought haue beene much

much better occupyed. Truely yf they wyl cal hym a phisicion, whych is studious aboute the weale of his cõtrey. I wil sauke they so name me, for duryng my lyfe, I wyl in that affection alway continew. And why, I pray you shulde men haue in disdaine or smal reputaciõ the scyence of phisicke: whych beyng wel vnderstand, truly experienced, & discretly ordred, doeth conserue helth, without the whych all pleasures be peynefull, rychesse vnprofytable, companye annoyance, strength turned to feblenes, beauty to lothsomnesse, sences are dispersed, eloquence interrupted, remembrance confounded, whyche hathe ben considered of wyse men, not onelye of the prluate estate, but also of emperours, kings and other greate prynces, who for the vnyuersal necessytee and incomparable vtilytee, whych they perceyued to be in that scyence of phisicke, they did not only aduaunce and honour it wyth specyall prluiledges, but also dyuers and many of them were therin right studious, in so much as Juba the kyng of Mauritania and Lybia, founde out the vertuous qualitees of the herbe called Euforbium. Gentius kynge of Illiria, founde the vertues of Centian. The herbe Lysimachia, tooke hys name of kynge Lysimachus. Mithridates the greate king of Ponthus, found fyrst the vertues of Scordyon and also inuented the famous medycyne agaynste poyson, called Mythridate. Artemisia queene of Caria found the vertues of Motherwoorte whyche in latine beareth hir name, wherby hir noble renoume hathe lenger contynewed, than by the makyng of the famouse monumente ouer

hir dead husband called Mausoleum, although it were reckned among the wonderful worke of the worlde, and yet hir name wyth the sayde herbe styl abideth, whyles the sayd monumēt a thousand yeares passed, was vtterly dyssolued.

It seemeth, that physycke in this realme, hath been wel esteemed, sens the hole studye of Salern, at the request of a kyng of Englād, wrate and sette forthe a compendyous and profytable treatise called the Gouernance of healthe, in latine Regimen sanitatis. And I trust in almighty God, that our soueraigne Lorde the kynges maiestee, who dayly prepareth to stablysshe amonge vs true and vncorrupted doctrines, wil shortly examyne also thys part of study, in such wyse, as thynges apt for medicyne, growing in this realme, by conference wyth moste noble authours may be so knowē, that we shal haue lesse nede of thyngs brought oute of farre countreis by the corrupcion whereof, innumerable people haue perished without blame to be geuen to the physycyons, sauynge onelye, that some of them not diligent inough in beholdyng their drugges or ingredyence at al times dispensed and tryed.

Besydes the sayd kynges, whom I haue reherced, other honorable personages haue wrytten in this excellēt doctrine, and not only of the speculatiue part, but also of the practyse thereof whose workes do yet remayne vnto their glory immortal, as Auicena, Auenzoar, Rasys, Cornelius Celsus, Serenus, and whych I should haue fyrst named, Machaon, and Podalirius, noble dukes in Grecia, whych came to the siege of Troy, & brought with them. xxx great shyp-

pes

pes with men of warre. This wel cõsidered, I take it for no shame to studye the scyence, or to set forthe any bookes of the same, beyng therto prouoked by the moste noble and vertuous exaumple of my moste noble maister kyng Henrye the. viii. whose helth I hertily pray god as lõg to preserue, as god had constitute mans lyfe to continew for his hyghnes hath not disdeined to be the chyefe author and setter forthe of an Introduction into grammer, for the children of his louyng subiectes, wherby, haupnge good maysters, they shal most easily and in shorte time apprehend the vnderstandyng and forme of speakyng of true and eloquent latine. O royal herte ful of very nobylytee. O noble breast, settynge forth vertuous doctrine, and laudable studye.

But yet one thyng much greueth me, that notwythstandyng I haue euer honoured, and specially fauoured the reuerend colledge of approued phisicions, yet some of them hering me spoken of, haue sayde in derisyon, that although I were prettily seen in hystories, yet beyng not lerned in physyke, I haue put in my boke dyuers errours, in presumpnge to wryte of herbes and medycines. First as cõcernyng hystories, as I haue planted them in my workes, being wel vnderstand, they be not so lighte of importance as they do esteme them, but may more surelye cure mens affections, than diuers physiciõs do cure maladyes. For whan I wrate first this boke, I was not al ignorant in physicke. For before that I was twentye yeres olde, a worshypfull physycyon, and one of the moste renoumed, at that time in Englãd, perceiuyng me by nature

enclyned to knowlage, redde vnto me the wor-
kes of Galene of temperamentes, naturall fa-
cultees, the introduction of Johannicius, wyth
some of the Aphorismes of Hippocrates. And
afterward by mine owne studye, I red ouer in
order the more part of the workes of Hippocra
tes, Galen, Oribasius, Paulus Celius. Alex-
ander Trallian⁹, Celsus, Plinius the one and
the other, with Dioscorides. Nor I did omitte
to rede the long Canons of Auicenna, the com-
mentaries of Auerrays, the practises of Isake,
Haliabbes, Rasis, Mesue, and also of the more
parte of them whych were their aggregatours
and folowers. And although I haue neuer ben
at mountpellier, Padua, nor Salern, yet haue
I found some thing in phisicke, wherby I haue
taken no lyttel profite concernynge myne owne
helth. Moreouer I wote not why Phisicions
should be angry with me, sens I wrate and did
set forth the Castel of helth for their commodi-
tee, that the vncertayne tokens of vrynes, and
other excrementes should not deceiue them, but
that by the true informacyon of the sycke man,
by me instructed, they might be the more sure to
prepare medicines conuenient for the dyseases.
Also to the intent that men obseruynge a good
order in diet, and preuentynge the greate causes
of sickneese, they shoulde of those maladyes the
soner be cured. But if phisicyons be angry, that
I haue wrytten phisike in englysh, let them re-
member that the grekes wrate in greke, ỹ Ro-
mains in latin, Auicenna, and the other in Ara-
bike, which were their owne proper and mater
nal tongues. And yf they had been as much at-

ta-

tached wyth enuye and couetyse, as some nowe seme to be, they wo uide haue deuised some particuler language, with a strange cipher or forme of letters, wherin they wold haue writtē their sceyence, whyche language or letters no manne should haue knowen that had not professed and practysed phisycke. But those, although they were Paynims and Iewes, yet in this part of charytee, they farre surmounted vs christyans, that they wou'd not haue so necessary a knowlage as physyke is, to be hidde from them, whiche would be studyous aboute it.

¶ In allye God is my iudge, I write neyther for glory, reward, nor promocion, onely I desire men to deme wel mine entent, sens I dare assure them, that all that I haue wrytten in this booke, I haue gathered of most principal writers in phisicke. Whyche beyng throughly studyed and wel remēbred, shalbe profytable (I doubte not) vnto the reader, & nothyng noyous to honest physicions, that dooe measure theyr studye, wyth moderate lyuyng and christen charytee.

The Table.

IT muste be remembred, that the noumber in the table, doth sygnifie the leafe, and the letter A, doth sygnyfy the first page or syde, the letter .B. the second page or syde.

A

Annexed to thyn ges naturall. fol. 1 .b
Ages fol 10 b and xl.a
Ayre, fol. 1. b and 12. a
Appuls fol, 21 a
Almondes fol 22 b.
Anyse seede fol 25. b
Ale. fol, 36 b
Abstinence fo 55 b
Affectes of the mynd. fol. 64 a
Autumne. fol 39 b

B

Loud. fol 8 a
Beetes fo 24 b
Birdes fo 30 a
Brayne excedyng in heate fol 3 b.
Brayne excedynge in colde. ibyd.
Brayne moyste. ibyd.
Brayne dry e fo: 4 a
Brayn hot & moist ib.
Brayn hot and dry ib.
Brain cold & moist 4b
Brayne cold & dry. ibd
Brayne sicke. fol 81 b
Breast sicke fc 82 a
Byefe fol 29 a
Beanes fol 25 b
Breakfast fol 43 a
Bludsuckers. fol 63 a
Bourage fol 27 a
Breade fol 28 b
Blacke byrd fol 30 b
Bustarde fol 31 a
Bytour ibyd,
Brayn of beastes 32, a
Butter fol. 33. a
Biere fol. 36 b.
By what tokens one maye knowe whether the stomacke and head be hot or cold fol. 73. b.

C

Consyderacyōs of thynges belonging to health fol. 1. a

Com=

Cõplexion of man, 2 a.
Colerike body fol 2 a
Choler fol, 8 b
Choler natural fol 9 a
Choler vnnatural. ib.
Colour fo 11, a
Coloure of inwarde causes ibyd.
Coloure of outewarde causes ib.
Colour of vryne fol. 82, b
Colour of heare 11, b
Cauſes whereby the ayre is corrupted 12 a,
Cuſtome fol 17 b,
Commodyte hapnyng by moderate vſe of the qualitees of meat 18 b
Cucumbers, fol 19 b
Cheryes, fol 21 a
Cheſtnuttes fol 22 b
Capers fol 23 o
Coleworttes and cabages fol 23 b
Cykorye, fol 24 a
Cheruyle fol 25 a
Carettes fol 26 a
Conſideracyons in abſtynence fo 55 a
Cloues fol 28 b
Conye fol 29 b
Capons, hennes, and chyckens, fol 30. a
Crane fo 31 a
Cheeſe fo 33 a
Cyder. fo 36 b
Confortatyues of the hert fol 69 a
Chyldren fo 66 a
Counſayles agaynſte ingratitude, fol 46 b
Chaunces of fortune. fol, 68. b
Cruditee fo 69 b
Concoction ibyd.

D

Diſtẽperature hapnyng by exceſſe of ſundry qualytees of meate fo. 18 a.
Deere red and falowe fol 29 b
Dates fo 20 a
Ducke fol, 32. a
Dyuerſite of meates. fol, 44. a
Dygeſtyues of choler fol. 59. b
Dygeſtyues of fleume fol, 60. a
Dyet concernyng ſundry times of the yere fol 39. b
Dominyon of ſundrye complexions, fol. 78. a,

Diete of sanguyne persons fol,61 b
Diete of cholerike persons. ibidem
Dyete of fleumatycke persons fol,65 a
Dyete of melancolyke persons fol 68 a,
Dyete of them, whych be readye to fall into sickenesse, fol,72 a,
Dyet in time of pestylence, fol.88,a
Dzinke betwene meales. fol 43 b,
Dzink at meales 46 a
Dygested fol 55 a
Death of childzen 68 a

E

Elements fo.1 b
Earthe ib.
Endyue fo 24 b
Egges fol 33 a
Exercyse. fol 48 a and 50 a.
Euacuacyon fol. 54 b
Excrementes. ibidem

F

Elumatike bodye. fo.2 b
Fyze. fol 1 b
Fleume, fol 8 a
Fleume natoral. ibid
Fleume vnnatural 8 b
Fruictes fol,19 a,
Fygges fol 20 a
Fenell fol 25 b
Fyberdes fo 22 a
Flesshe fo 29 a
Fesant fol 30 b
Feete of beastes 32.b
Fyshe. ib.
Frycasyes or rubbynges fol 49 a

G.

Genitors hotte fol. 7 a
Genytors cold ibidem,
Genytours moyst ibi.
Genytours dzye, ibid
Genytours hotte and moyst fol 7 b
Genytours hotte and dzye. ibyd.
Genytours colde and moyste ibid
Genytours colde and dzye. ibid.
Gourdes, fol 19 a
Grapes fol 20 b
Garlyke. fol 26 b
Gynger fol 28 a
Goose, fol 31 b
Gysar of byrdes. 31 b
Glattony fol 45 a
Gestacyon, fol 51 b

H

Hert hot dystem pered fo.4 b
Hert cold dystē pered fol,5 a
Hert moyst distempe=red. ibidem.
Hert dry dystempred. ibidem,
Hert hot and moyst.ib
Hert hot and drye v.b
Hert cold & moyst. ib
Hert colde and drye.ib
Heart sicke fol 81 b
Humours fol 8.a
Humour superfluous fol.55.a
Herbes vsed in potage or to eat. fol 22 b
Hare fo.29 b
Hearon, fo.31 o
Hert of beasts.fol 32 a
Head of beastes ib.
Hasylnuttes fol 22 a
Hony fol 17 b
Hemorroydes or pyles fol 63 b
Heauynes or sorowe. fol 66 a.

I

Iope fo 27 a
Ioy fol.70 a
Ire fol 64 b
Iydde fol 29 b

L

Lyuer in heat dy=stempred. fo 6 a
Lyuer cold dy=stempered, ibi
Lyuer moyst dystem=pered ibi.
Lyuer dry distempred ibidem.
Lyuer syck fol 81 b
Lettise fol 23 b
Leekes fol 27 a
Lambe fol 29 a
Larke fo 30 b
Lyuers of byrdes and beastes fol 31 b
Lunges of beastes.ib.
Letting of bloude 61 a
Leaches or bloud suc=kers fo 63 a
Losse of goodes 68 b
Lacke of promocyon. ibidem.
Lassitude fol 77 b. and 78 b

M

Melancolycke bedye fol.3,a
melācho.9.a
Melācholy natural.ib
Melancholye vnnatu=ral. ibi,
Membres instrumen=tal. fol 9 b

Meate

Meat and drink 12.b.
Meates makyng good iuyce ibydem,
Meates makynge yll iuyce fol.13.a
Meates makingthick iuyce. fo.14.a
Meates makyng choler. fol.13 b
Meates making fleme ibydem.
Meates ingenderyng melancholy. fo.14,a
Meates hurtynge the teeth fo.14 b
Meates hurtynge the eyen. ibydem.
Meates makyng oppilacyons. fo.15 a
Meates wyndye. iby,
Melons fol 19 b
Medlars fol.22 a
Malowes. fo.24 b
Mutton fol 29 b
Moderation in dyete. fol.41,b
Mealcs fo.24.a
Maces fol 28.b
Membres of bydes. fol.31,b
Melte or splene. folio. 32.a
Marowe ibyd,
Mylke fol.35.b

N

Nutmigges 38 b
Nauewes fol 26 a

O

Ofícial membres fo,9.b,
operacions 11 b
Olues fo 23 a
Orenges ibyd,
Onyons fo 26 b
Order in eatynge and drynkyng fo,45 b
Optiacions what they are fol,49.a
Obstruction or rupture. ibyd.
Olde men ibyd.
Ordure fol 55.a

P

Principyal membres, fol.9 b
Partes symylares. ibyd.
Powers natural,10 a
Powers spirytual. ib
Powers anymal. iby.
Pepons fol,19 b
Peaches fol 21.a
Peares fol.22 a
Pourselane fol,25 a
Perselyibyd.
Purgers of coler 59 b
Pourgers of fleume fol.60.b

Pur=

Purgers of melancolye. ibid
Preceptes of Diocles fol. 85. a
Pomegranates, 21. b.
Prunes fol 22 b
Peason fol, 25 b
Parsnepes fol 26 a
Pentroyal fo. 27 b
Pepper fol 28. a
Patryche fol 30 b
Plouer ibyd.
Pygeons fol 31 a
Particuler commodytees of euery purgacyon. fol 58. b
Peculyar remedyes of euery humour. 72. a.
Purgacyons by siege. fol. 57. and 58. b

Q

Quantytee of meat. fo. 16. a
Qualytee of meat. fo. 17. a and 18. b
Quynces fol 21. b.
Quayle fol. 30, b

R

Raysons. fo. 20 b
Rapes. fol. 26. a
Radysh, fo 26 b
Rokat. fo, 27. b
Rosemarye ibyd.
Replecion fo. 53 b
Reumes, and remedies therfore. fo. 72 b

S

Sanguine body 1 a
Stomake hot 6 b
Stomake cold. ib
Stomake moyste ibydem.
Stomake dry. fol. 7 a
Spirite natural. 10. b
Spirite vital ibid,
Spyryte anymal. iby,
Stoanes of beastes. fol. 32. a
Sorel, fol 25. a.
Sauge fo 27. a
Stomacke in the whiche meat is corrupted. fol. 86, b,
Stomacke sycke 82. a,
Slepe & watche 47 a.
Sauery. fo. 27. b
Saffron fo, 28. b.
Swynes flesshe. 29. a,
Sparowes fol 30 b
Shouelar fol, 31. a
Souper fo, 43. b.
Sugar fol 38 a
Syrope acetose. folio. 38. b.
Spryng time. fo. 39. a
Sommer, folio 39. a
Scarifying. fol, 62. b.

sick=

Sicknesses appropryed to sundrye seasons & ages. fol 79 a
Signyficacyõs of sicknesse fol 81 a
Substance of vrynes. fol 83 b
Spyces fol 28 a

T

Thinges natural. fol 1 a
Thynges not natural. ib
Thynges agaynst nature. ibid.
Thynges good for the heade fol 15 b,
Thynges good for the hearte ib.
Thynges good for the lyuer, ib.
Thynges good for the lunges ib
Thynges good for the eyes fol 16 a
Thynges good for the stomacke ibyd,
Temperature of meates. fol 17 b
Turnyppes fol 26 a
Thyme fol. 27 b
Towncresses ibyd
Tripes fol 31 b
Tong of beastes 32. a
Tyme fo 38 b and 39 b
Tymes in the day concernyng meales 42 a
Tymes appropryed to euery humour. 71 b

A

Aundes 12 a
Awainuts 22 a
Aeale fol 29 b
Aenyson. ib,
Woodcockes fol 31 a
Adder. fol 32 a
Water. fo. 1, d. & 33. b.
Wynter fol 38 b
Wyne, fol 34 b
Whay fol 36
Aociferacion. fol 52 b
Aomyte fol 56 b
Aryncs fol 82 a
Aertue of meates fol, 87. a

Y

Yong men. 40. b

Thus endeth the Table.



TO the conſernacyon of the bodye of mankynde, wythin the lymytacyon of heith, which (as Galen ſayth) is the ſtate of the body, wherin we be neyther greeued wyth peyne, nor let from doyng our neceſſary buſineſſe, doth belong the dilygent conſyderacion of three ſortes of thynges, that is to ſay.

- Thynges Natural.
- Thynges not Natural, and
- Thynges againſt Nature.

¶ Thynges natural be. vii. in number.

Elementes	Powers,
Complexions	Operacyons and
Humours	Spirites.
membres.	

¶ Theſe be neceſſary to the beyng of heith, accordyng to the order of their kynde, and bee alway in the naturall body.

☞ Thynges not natural be ſyxe in number.

Ayre.	Emptynes and
Meate & drinke	replecyon and
ſlepe and watche	Affeccyons of
meuing and reſt	the mynde.

¶ Thynges agaynſt nature be three.

- Sickneſſe.
- Cauſe of ſickenes.
- accident, which foloweth ſickenes

An=

¶ Annexed to thynges natural.

Age. Fygure, and
Colour. Diuerſytee of kyndes.

Theſe elementes be thoſe original thinges vnmyxt and vncompound, of whoſe temperaunce and myxture, all other thynges hauynge corporal ſubſtaunce be compacte. Of theim be foure, that is to ſaye.

Earthe.
Water.
Ayre, and
Fyre.

Earth is the moſt groſſe and ponderous element, and of hir proper nature is colde and drye.

Water is more ſubtil and light than earth but in reſpect of Ayre and Fyre, it is groſſe and heauye, and of hir proper nature is colde and moyſte.

¶ Ayre is more lyght and ſubtyl than the other two, and beynge not altered with any exteriour cauſe, is properly hotte and moyſte.

¶ Fyre, is abſolutely lyght & cleere, and is the clarifier of other elementes, if they be viciate or out of their naturall temperaunce, and is properly hotte and drye.

This is to be remembred, that none of the ſayd elementes be commonly ſeene or felt of mortall men, as they are in their ſyngynall beynge, but they whych by our ſences be perceyued, be corrupted wyth mutuall myxture, and bee rather earthye, watrye, ayrie, and fyrie, than abſolutelye earth, water, ayre, and fyre.

Of

¶ Of the complexion of man Cap. 2.

COmplexcion is a combynacyon of twoo dyuers qualities of the foure elementes in one body, as hot and drye of the Fyre, hotte and moyste of the Ayre, colde and moyst of the water, cold and drye of the Earth. But although all these complexcions be assembled in euery body of man and woman, yet the body taketh hys denominacion of those qualytyes, whych abound in hym, more then in the other, as hereafter insueth.

¶ The bodye, where heate and moysture haue soueraintee, is called Sanguyne, wherein the ayre hath preemynence, and it is perceyued and knowen by these sygnes, whych do folow.

Sāguin.

- Carnositee or fleshynesse.
- The veines and arteries large
- Heare plentye and redde.
- The vysage whyte and ruddy.
- Sleape muche.
- Dreames of bluddy thyngs, or thynges pleasaunte.
- Pulse greate and full.
- Dygestyon perfect.
- Angry shortlye.
- Siege vrine, & sweat abundāt
- Fallyng shortly into bleedynge
- The vrine redde and grosse

¶ Where cold wyth moyſture, preuayleth, that body is called flemmatike, wherin water hathe preeminence, and is perceyued by theſe ſignes.

Flemmatyke.
- Fatneſſe quaunge and ſofte
- Reynes narrowe.
- Heare muche and playne.
- Colour whyte.
- Sleape ſuperfluous.
- Dreames of thynges watry, or of fyſhe.
- Slowneſſe.
- Dulneſſe in learnynge.
- Cowardyſe.
- Pulſe low and lyttel.
- Digeſtion weake.
- Spyttel whyte, aboundante, and thycke.
- Vryne groſſe, whyte, and pale.

☞ Cholerike, is hot and dry, in whom the fire hath preeminence, and is diſcerned by theſe ſignes folowynge.

Cholerike
- Leanneſſe of body.
- Coſtyfeneſſe.
- heare blak or darke aburne, curled
- Viſage and ſkynne red as fire, or ſalowe.
- Hotte thynges noyful to hym.
- Lyttel ſleape.
- dreames of fire, fightinge, or ager
- Wytte ſharpe and quycke.
- Hardy and fightyng.
- Pulſe ſwyfte and ſtrong
- Vrine hygh coloured and clere
- Voyce ſharpe.

We-

¶ Melancholyke is colde and drye, ouer whom the earth hath domynyon, and is perceyued by these sygnes.

Melancolyke
- Leanneſſe wyth hardeneſſe of ſkynne.
- Heare playne and thynne.
- Colour duſkyſhe, or white wyth leanneſſe.
- Muche watche.
- Dreames fearefull.
- Styffe in oppynyons.
- Digeſtyon ſlowe and yll.
- Tymorous and fearefull.
- Anger longe frettynge.
- Pulſe lyttel.
- Seldome laughynge,
- Uryne watry and thynne.

BEſides the ſayd complexcyons of all the hole body, ther be in the particuler membres, complexcion, wherein if there be any diſtemperance, it bringeth ſickneſs or griefe into the member. Wherfore to know the dyſtemperature, theſe ſygnes folowyng would be conſidered. Forſene, that it be remembred, that ſome diſtemperatures be ſimple, and ſome be compounde. They whyche be ſymple, be in ſimple qualitees, as in heat, colde, moyſt, or drye, They whych be compounde, are in compounde or mixte qualitees, as heate and moyſture, heat and dryethe, colde and moyſt, colde and drye.
But nowe fyrſte wyl wee ſpeake of the ſymple complexcyons of euery pryncypal member, begynnyng at the brayne.

The braine exceding in heat hath

- The heade and viſage verye redde and hot.
- The heare growynge faſt blacke and curled.
- The veynes in the eies apparaunte.
- Superfluo⁹ matter in the noſethrils, eien, & eares.
- The heade annoyed wyth hotte meates, drinkes, and ſauours.
- Sleepe ſhorte and not ſounde.

The braine exceding in cold hath,

- Muche ſuperfluytee runnyng oute of the noſe. mouth, eares, and eyen.
- Heare ſtreyght & fine growyng ſlowly, and flaxen
- The headde dyſpoſed by ſmal occaſyon to poſes and murres.
- It is ſone annoyed wyth colde.
- It is colde in touchynge.
- Veynes of the eyen not ſeene.
- Sleapye ſomwhat.

Moyſte in excceſſe hathe.

- Heares playne.
- Seldome or neuer bald
- Wytte dull.
- Muche ſuperfluitees.
- Sleape much and depe.

No

The brayne dry hath
- No superfluitees running.
- Wittes good and ready.
- Watchefull.
- Heares blacke, harde and fast growyng.
- Baide shortly.

Complexions compouned.

Brain hot & moyst distempered hath
- The head aking & heuie
- Full of superfluitees in the nose.
- The Southerne wynd greuous.
- The Northerne wind hollsome.
- Slepe depe but vnquiet with often wakinges and strange dreames.
- The senses and wit vn perfect.

Braine hot & dry distempered hath
- None abundance of su perfluitee whych may be expelled.
- Senses perfect.
- Much watthe.
- soner baide than other
- Much heare in chyld= hoode, and blacke or browne, and curled.
- The head hot & rudd

The fyrste

Brayne colde & moist dystempred hathe.

- The senses & wyt dul
- Much sleape.
- The head soone replenyshed wyth superfluous moysture.
- Distillacyons & poses or murres.
- Not shortly balde.
- Sone hurte wyth colde

Brayne cold and dry dystempered hath.

- The head cold in feleyng and wythout coloure
- the veines not apperinge
- Sone hurt wyth colde
- Often dyscrased.
- Wit perfecte in chyldehode, but in age dul.
- Aged shortly, and bald.

Of the hearte.

The hert hotte distẽpered hath

- Much blowyng & puffyng.
- Pulse swyfte and vnlyke.
- Hardinesse & manhod much
- Promptnesse, actiuitye, and quyckenesse in doonge of thynges.
- Furye and boldnesse.
- The breast hearye towarde the leste syde.
- The breast brode wyth the head lyttel.
- The body hotte, except the lyuer doe let it.

The

The hert cold dystempred hath

The pulse very lyttell
The breth lyttel and slowe
The brest narowe.
The body all colde excepte the lyuer doeth inflame it,
Fearefulnesse.
Scrupulosity & much care
Curyosytee.
Slownesse in actes.
The brest clene wythoute heares.

The hert moist distẽpred hath.

The pulse softe.
Sone angry & sone pacyfyed.
The bodye all moyste, excepte the liuer disposeth contrarye.

The hert dry distempered hath

The pulse harde.
Not lyghtlye angrye, but beyng angrye, not soone pacyfyed.
The body dry, except the liuer doth dyspose contrarye.

The hert hotte and moyste

The brest and stomake hery
Promptnes in actes.
Soone angrye.
Fiersnes but not so muche in hotte and drye.
Pulse soft, swifte, and buspe
Breath or wynd accordynge
Shortelye falleth into dysseases caused of putrefaction.

The fyfte

The herte hotte and dryc.

- The hert pulse greate and swyfte.
- The breath or wynd accordynge.
- The breaste and stomacke all hearty.
- Quicke in hys doynges.
- Boldnes and hardynesse.
- Swift & hasty in mouing.
- Sone stirred to anger, and tyrannous in maners.
- The breast brode & all the body hot and dryc.

The herte colde and moyste.

- The pulse softe.
- Feareful and tymorous.
- Slow.
- The breast cleane without heare.
- Not hastily angry, nor reteynyng anger.
- The breast narow.
- all the body cold and moyst

The herte colde and dryc hathe.

- The pulse hard and littel.
- The wynde moderate.
- seldom angry, but whan it hapneth, it dureth long
- The breast cleane without heare and lyttel.
- All the bodye cold and dry.

Of

Of the Lyuer.

The liuer in heate dystempered hathe
- The veynes greate.
- the bloud more hot than temperate.
- The bealy hearye.
- all the body hot, excedynge temperate.

The liuer cold dystempered hathe
- The veynes small.
- Abundante of fleume.
- The bloud colde.
- All the bodye colde in feelynge.
- The bealy without heare

The lyuer moyst distempered hath
- The veynes softe.
- Much bloud and thinne.
- All the body moyste in feelynge, excepte the hert dysposeth it contrary.

The lyuer dry dystempered hathe
- The veynes harde.
- The bloud lyttyl and thicke.
- all the body drye.

¶ The complexcions compound may be decerned by the sayd simple qualities. And here is to be noted, that the heate of the herte may vainquyshe the colde of the lyuer. For heat is in the herte, as in the fountayne or sprynge, and in the lyuer, as in the ryuer

Galen in arte perus. lib. 2

Of

Of the ſtomacke.

The ſtomacke hot, dyſtempered.

He digeſteth wel ſpecyally harde meates, & that wil not be ſhortly alterd Lyghte meates & ſoone altered, be therein corrupted.

The appetyte lyttel and ſlowe.

He deliteth in meates & drynkes whych be hotte for euerye naturall complexion delyteth in hys ſemblable.

The ſtomake cold dyſtempered.

He hath good appetyte.

He dygeſteth yll and ſlowly, ſpecyallye groſſe meates and harde.

Colde meates dooe waxe ſowre beynge in hym vndygeſted.

He delyteth in meates and drynkes, whych be colde. and yet in them he is indomaged.

The ſtomak moyſt dyſtempered.

He thyrſteth but ſeldome, yet he deſireth to drynke, wyth ſuperfluous drynke he is hurte.

He delyteth in moyſte meates

He

The stomaeke dry dystempered.
- He is soone thyrsty.
- Content wyth a lytell drynke.
- Dyseased wyth muche drynke.
- he deliteth in dry meates

⁂ It is to be noted, that the disposicions of the stomake natural, do desire that which is of like qualytyes. The disposicyons vnnatural, do desire thynges of contrary qualytyes.
⁂ Also not the stomacke onely causeth a man to thyrst or not thyrste, but also the lyuer, the lunges and the herte.

¶ Of the genitorys or stones of generacyon.

The genitories hot dystempred
- Great appetite to the act of generacyon.
- Ingendryng men childzen.
- Heare soone growen about the members.

The genitories. cold distempred.
- Small appetyte to the acte of generacyon.
- Ingendzing womē childzē
- Slow growthe of heare about the members.

The genytorys moyst dystempred
- Sede abundant but thinne and watrye.

The genytorys dry dystempred
- sede lyttel but metely thicke in substance.

Lasse

The fyrste

Genitoryes hot and moyste.

- Lesse appetyte to lechery thā in them, whych be hootte and dryc.
- More puissance to doe it, and wythout lesse domage.
- Hurte by abstenynge from it lesse herines thā in hot & dryc

The genitoryes hotte and dryc.

- The seede thicke.
- Muche fruitefulnes of Generation.
- Great appetyte and redynes to the acte.
- Heare aboute the members soone growen.
- Swiftnesse in spedyng of the acte.
- Sonne therwyth satisfyed Damage by vsyng therof.

The genitoryes cold and moyste.

- The seede watry & thinne.
- Lyttel desire to the act, but more puissance thā in them whych be cold and dry.
- Lyttell heares or none about the membres.

The genitoryes colde and dryc.

- Heares none or few.
- Litle apetit or non to lechery
- Lyttel puissance to do it.
- Ingendryng more females than men chyldren.
- That lytell seed that is thycker than in cold and moyst.

Of

¶ Of Humours.

In the body of man be foure principal humours, which cõtinewing in the proporcyon, that nature hath lymitted, the body is free from all sickenes. Contrariwise by the increace or diminucyon of any of them in quantitee or qualitee, ouer, or vnder their naturall assigment, vnequall temperature cometh into the body, whyche sickenesse folowyth more or lasse accordynge to the lapse or decaye of the temperatures of the sayd humours, whyche be these folowynge.

Bloudde, Choler,
Fleume, Melancoly,

Bloud hath preemynence ouer all other humours in sustenynge of al liuyng creatures, for it hath more conformytye wyth the Dygynall cause of liuyng, by reason of temperateneſſe in heate and moysture, also nourysheth more the body, and restoreth that which is decaied, being the very treasure of life, by losse whereof, death immediately folowyth. The distemperature of bloud happeth by one of the other thre humors, by the inordinat or superfluous mixture of thē.

¶ Of Fleume.

Fleume is of two sortes. { Naturall and Annaturall.

Naturall fleume is a humour colde & moyst, white and swete, or without taste ingendred by insufficyent decoction in the second digestyon of the watry or raw partes of the mattier decocte called

called Chilus, by the laſt digeſtion made apt to be cōuerted into bloud. In this humour, water hathe dominyon moſt principal.

¶ Fleume vnnatural is that, whyche is myxte with other humours, or is altered in hys qualytee, and therof is. viii, ſundry kyndes.

Fleume.
- Watry, whych is founden in ſpetil of greate drinkers, of them, whyche dygeſt yll.
- Slymy or rawe.
- Glaſi, like to white glaſſe, thycke,
- Viſcous like byrde lyme & heuye.
- Plaſtry, whych is very groſſe, & as it were chalky. ſuche is founde in the ioinctes of thē, which haue the goute.
- Salt, which is myngled wt choler
- Sower, mixt wt melancoly, whyche cōmeth of corrupt dygeſtyon.
- Harſhe, thicke and groſſe, whych is ſeldome founden, whyche taſteth lyke greene crabbes or ſloes.
- Stiptik or bīding, is not ſo gros nor cold, as harſh, & hath the taſte lyke to greene red wyne, or other lyke, ſtraynyng the tunge.

¶ Choler doeth participate wyth natural heat as long as it is in good temperance. And there of is alſo, two kyndes.

Natural and Vnnatural.

Choler naturall.

¶ Naturall choler is the fome of bloudde, the colour whereof is red and clere, or more like to an orenge colour, and is hot and dry, wherin the fire hathdominion, and is light and sharpe, and is ingendred of the most subtyl part of matter decocte or boyled in the stomacke, whose begynnyng is in the lyuer.

¶ Unnaturall choler is that, which is mixt or corrupted with other humours wherof be foure kyndes.

Citryne or yelowe choler, whiche is of the mixture of natural choler, and watry fleume, and therfore hath lesse heate than pure choler.

yelky like the yelkes of egges, whyche is of the myxture of fleume congeled, and choler natural, and is yet lasse hot than the other.

Greene like to lekes, whose beginning is rather of the stomak, thā of the liuer

Greene lyke to grene canker of mettal and burneth lyke venim, and is of exceedynge aduſtyon of choler, or fleume, and by these two kynds nature is mor tyfyed.

☞ Melancoly or blacke choler is dyuyded into two kyndes.

Natural, which is the dregges of pure bloud, and is knowen by the blacknes, whan it issueth eyther downeward or vpward, and is verelie colde and dry.

Unnaturall, whyche proceedeth of the aduſty=

aduſtyon of cholerike myxture, and is hotter & lighter, hauyng in it vyolence to kyll, with a dangerous diſpoſicion.

¶ Of the members.

There be dyuerſytees of members. that is to ſaye.

- The brayne.
- The herte
- The lyuer.
- The ſtones of generacyon.

Official members.

- Syneŵes whych doe ſerue to the brayne.
- Arteries or pulſes, whych doe ſerue to the hert.
- Veines which do ſerue to the lyuer.
- Veſſels ſpermatike, wherein mans ſeede lyeth, whyche doe ſerue the ſtones.

Partes called Similares, for beynge deuyded they remayne in theim ſelfe lyke as they were.

- Bones.
- Gryſtel.
- Valles betwixte the vttermoſte ſkyn and the fleaſhe.
- Muſcules or fillettes
- Fatte.
- Fleaſhe.

membres inſtrumentall.

- The ſtomacke.
- The raynes.
- The boŵelles.
- All the great ſyneŵes.

Theſe of their vertu do apetite meate & alter it

Of powers.
- Anymal.
- Spirytual.
- Naturall.

Naturall power.
- Whych doe mynyster.
- To whom is mynystred.

Whyche dooeth mynyster.
- Appetiteth.
- Retayneth.
- Dygesteth.
- Expelleth.

To whom is mynystred.
- Ingendreth.
- Nourysheth
- Feedeth.

Power spyrytual
- Worckyng, which delateth the hert and arteryes, and ekstones streyneth them.
- Wrought, which is stired by an exteryour cause to work wherof comth āger indignaciō, subtilty & care

Power anymal.
- That which ordeineth, discerneth, and composeth.
- That mooueth by voluntarye mocyon.
- That which is called sensyble, whereof doe procede the fyue wyttes.

Of thre ſwhyche ordeyneth dooe procede.
- Imaginacyon in the forhed,
- Reaſon in the brayne.
- Remembrance in the nodell,
- Appetite by heate and drith.

Operacions.
- Digeſton by heate and moyſture.
- Reteynyng by cold and drith
- Expulſion by cold and moyſt

¶ Spirite is an ayrie ſubſtance, ſubtyl, ſtiryng the powers of the bodye, to perfourme theyr operacyons, ſwhyche is deuyded into.

- Naturall, ſwhyche taketh hys begynnynge of the lyuer, and by the veynes, ſwhyche haue no pulſe, ſpreadeth into all the hole bodye.
- Vytall, ſwhyche proceedeth from the hearte, and by the artires or pulſes is ſent into all the hole body.
- Anymal, ſwhych is ingendred in the brayne, and is ſente by the ſenewes, thorough out the bodye, and maketh ſence or feelyng.

¶ Annexed to thinges natural.

Ages be. iiii.
- Adoleſcencye to. xxv. yeares hot and moyſt, in the ſwhiche tyme the body groweth.
- Iuuentute vnto. xl. yeares hotte and drye, ſwherein the body is in perfect growth.
- Senectute, vnto, lx. yeres colde and drye, ſwherein the body beginneth to decrece.

Age

Age decrepite, vntyl the last tyme of lyfe, accidently moyste, but naturally cold and dry, wherin the powers and strength of the bodye be more & more mynyshed.

¶ Colour.

Of inwarde causes.
Of outward causes

Coler of inward causes.

- Of equalitee of humours, as he that is redde and whyte.
- Of inequalytye of humours, wherof doe procede blacke, salow, pale, or whyte onely.
- Redde, Blacke, Salow } doe betoken dominion of heate.
- Whyte, colde of fleume,
- Pale colde melancoly,
- Redde, abundaunce of bloud
- Salowe, choler citrine,
- Blacke, melancholie or choler aduste.

Colour of outwarde causes.

- Of colde or heate, as Englishe men bee whyte, Moryens bee blacke.
- Of thynges accydentall, as of feare, of anger, of sorowe, or other lyke mocyons.

Couler of heare

- Blacke, eyther of aboundaunce of choler inflamed, or of muche incendyng or adustyon of bloud.
- Redde heare, of muche heate not adust.
- Graye heares of abundance of melancholy.
- Whyte heares of the lacke of natural heate, and by occasion of fleume putrysyed.

☞ All the residue concernyng thynges natural conteyned in the Introduction of Joannitius, and in the lyttel crafte of Galene, I pourposely passe ouer for this tyme, for as muche as it doth require a reader hauyng some knowlage in philosophye natural, or els it is harde and tedyous to be vnderstande. Moreouer thys, whyche I haue wrytten in thys fyrste table, shalbe sufficyent to the cõseruaciõ of helth, I meane wyth that whyche now followeth in the other tables.

The seconde Table.

THyngs not natural be so called, because they be no porcion of a natural body, as they be, whych be called naturall thynges, but yet by the temperance of them the body beyng in healthe, so consysteth, by the distemperaunce of them, sycknesse is induced, and the body dyssolued.

¶ The fyrste of thynges not naturall, is ayre, whyche is properlye of it selfe, or of some materyall

ryall cause or occasyon good or yll.

That whyche is of it selfe good, hathe pure vapours, and is odoryferous.

Also it is of it selfe, swifte in alteracion from hot to cold, wherein the body is not muche prouoked to swete for heate, ne to chyll for vehemencye of colde.

Ayre among all thynges, not natural is chefly to be obserued, for as muche as it doeth bothe inclose vs, and also enter into oure bodyes, specially the most noble member, which is the hert and woe cannot be seperate one howre from it, for the necessytee of breathyng and fetchynge of wynde.

The causes wherby the ayre is corrupted, be specially foure.

- Influence of sundrye sterres.
- Greate standynge waters neuer refreshed.
- Currayne lynge longe aboue grounde.
- Muche people in small roume lynge vncleanelye and sluttysheip.

Wynd bryngynge holsome ayre.

- Northe, whyche prolongeth lyfe, by expulsyng yll vapours.
- East is temperate & lusty.

Wyndes brynging yll ayre.

- Southe corrupteth, and maketh yll vapours.
- Weste, is verye mutable, whyche nature doeth hate.

The fyrste

¶ Meate and drynke.

In meate and drynche wee muste consyder
fyxe thynges.

- Substaunce.
- Quantitee
- Qualitee
- Custome
- Tyme
- Order.

Substaunce, some is good, whyche maketh good iuyce and good bloud, some is yll, and ingendreth yll iuyce and yll bloud.

Meates and drynkes makyng good iuyce.

A Breade of pure floure, of good wheate somewhat leuened, well baked, not to olde nor to stale.
Egges of fesauntes, hennes, or partriches newe layed, poched, meane betwene rere and harde.
Mylke new milked, dronke fasting, wherin is sugar or the leaues of myntes.
Fesauntes.
Partriches or chyckens.
Capons or hennes
Bydes of the feeldes
Fyshe of stony ryuers
Veale suckynge
porke younge
Beefe not passyng three yeres
pygeons
Venyson of redde dere.
pease potage wyth myntes.

Feete

Feete of kwyne or calues.
Kygges rype,
Raysons, } before meales.
Bourage
Languedebyefe,
Perſely
myntes
Ryſe with almonde mylke.
Lettyſe,
Cykorye
grapes
Wines good moderately taken, well kyned
ale and biere ſyxe daies olde, cleane brewed
and not ſtronge
Myrth and gladneſſe
The iuer and braynes of hennes and chykens
and yong geeſe.
Meates and drinkes makyng yll iuyce.
Olde byefe,
Olde mutton,
geeſe olde
ſwanne olde,
Duckes of the kanel.
Inward of beaſtes.
Blacke puddynges
The herte, iuer, and kydneis of all beaſtes.
The braynes and mary of the backbone.
Wood culuers.
Thei fiſhe, excepte creuyſe de eau doulce
Cheeſe hard.
appels and peares much vſed.
figges and grapes not rype.
all rawe herbes, except lettiſe, borage.

and Tyrorye.
Onyons, } immoderately vſed, ſpe-
Garlyke, } cially in Choleryke ſto-
Leckes, } mackes.
Swyne in muſt or ſowre.
Feare, ſorowe, and penſiuenesſe.
Meates ingendryng choler.
Garlyke.
Onyons.
Rokat.
Kerſis
Leekes.
muſtarde.
Pepper.
Honye
Swyne muche dronken.
Swete meaten.

Meates ingendryng fleume,
All ſlympe and cleauyng meates,
Theſe newe.
All fiſhe, ſpecially in a fleumatike ſtomacke.
Inwardes of beaſtes.
Lambes fleſhe,
The ſinewe partes of fleſh
Skynnes.
Braynes.
Lunges.
Rapes.
Cucumbers,
Replecyon.
Lacke of exercyſe.

Weates ingendryng melancholy.
Beefe.
Gotes flesshe.
Hares flesshe.
Bores flesshe.
Salte flesshe.
Salte fysshe.
Colewortes.
All pulse except whyte peason.
Browne breade course.
Thicke wyne.
Blacke wyne.
Olde chese.
Olde flesshe.
Great fysshes of the sea.
Weates makynge thycke iuyce.
Rye breadde.
Muste.
Bread without leauen.
Cake breadde.
Sea fysshe great.
Shell fysshe.
Beefe.
The kydneis.
The iuer of a swyne.
The stones of beastes.
Mylke muche sodden.
Rapes.
All rounde rootes.
Cucumbers.
Sweete wyne.
Deepe redde wyne.
Garlycke.

Muſtarde.
Origanum
Hyſope.
Baſyll
fenell
Cheſe.
Egges fryed or harde.
cheſten nuttes
Nauewes
figges grene.
appuls not rype.
Pepper,
Rokat,
Leekes.
Onyons
} much vſed.

Meates whych do hurt the teeth.

Uerye hotte meates.
Nuttes.
ſwete meates and drynkes
Radyſhe rootes
Harde meates.
Myke
Bytter meates.
muche vomyte
Leekes
Fyſhe katte
Lymons
Coleworttes.

Meates whych do hurt the eyes.

Drunkennes.

Leche

Lechery e.
Muske.
All pouise.
Swete wynes and thicke wynes.
Hempe sede.
Very salt meates
Garlyke
Onyons
Coleworztes
Radyshe.
Readynge after supper immedyately.

Makynge great oppylacyon.

Thycke mylke
all swete thynges
Rye breadde.
swete wynes

Meates inflatynge or wyndy.

Beanes
Lupynes.
Cicer.
Mylle
Cucumbers.
all iuyce of herbes
Fygges drye
Rapes.
Nauews rawe
Wylke
Hony not wel clarifyed
Muske.

Thyn-

Thynges good for the head.

¶ Cucubes.
Galingale.
Lignum aloes.
Maioram.
Baulme myntes.
Gladen.
Nutmegges.
Muske.
Rosemary.
Roses.
Piony.
Hysope.
Spyke.
Camomyll.
Mellilote.
Rew.
Frankynsence.

Thynges good for the herte.

¶ Cynamome.
Saffron.
Corall.
Cloues.
Lignum aloes.
Perles.
Macis.
Baulme myntes.
Myrabolanes.
Muske.
Nutmegges.
Rosemary.
The bone of the heart of a redde deere.
Maioram
Buglosse
Borage.
Betuall.

Thynges good for the lyuer.

¶ Wormwoode
wyth wynde.
Agrymony.
Saffron.
Cloues.
Endyue.
Lyuerworte.
Cykory.
Plantayne.
Dragons.
Reasons great.
Saunders.
Fenel.
Violettes.
Rosewater.
Lettyse.

Thynges good for the lunges.

Elycampane.
Hysope.
Scabyose.
Licorise.
Raysons.
Maydenheare. pe-

Pendyes.
Almondes.
Dates
Piſtaces.

Thynges good for the eyes.
Eye bryght.
Fenell.
Aerum.
Roſes.
Celandine.
Agrimony.
Cloues.
Colde water.

Thynges good for the ſtomacke.
Myrabolanes.
Nutmegges.
Organum.
Pyſtaces.
Nuynces.
Olybanum.
Wormwode.
Saffron.
Coral.
Agrymony.
Fumitory.
Galingale.
Cloues
Lignum aloes.
Maſtix.
Hynte.
Spodium.
The innermoſt skynne of a hennes gyſar.
Coriander prepared.

THE SECONDE BOOKE. of Quantitie. Cap. I.

THE QVANTITIE OF meate muſt be poyſoned after the ſubſtãce and qualitye therof, and accordynge to the complexion of hym that eateth. Firſt it ought to be remẽbred, that meates hotte and moyſte, which arequalities of the blud are ſone turned into blud, & therfore much nourisheth the body. Some meates do nouriſh but lyttel

lyttel, hauyng lyttel conformytye wyth blouddе in their qualities. Of them whych do nourysh, some are more grosse, some lighter in digestyon. The grosse meate ingendreth grosse bloude, but where it is wel concoct in the stomake, and wel dygested, it maketh the flesshe more fyrme, and the offycyal, membres more stronge, than fyne meates. Wherefore of men, which vse much labour or exercyse, also of them, whych haue very cholerike stomackes, here in Englande, grosse meates may be eaten in a great quãtitee, and in a cholerike stomacke bieke is better digested thã a chikens leg, for as muche as in a hot stomacke fine meates be shortly adust and corrupted.

Contrariwyse in a colde or fleumatike stomake grosse meate abydeth long vndygested, and maketh putrifyed matter, light meates therfore be to suche a stomake more apte and conuenyent. The temperate body is best nourisshed wyth a littel quantitye of grosse meates, but of temperate meates in substaunce & qualitye, they may safelye eate a good quantytye. Forsene alwaye that they eate wythoute gourmandyse, or leaue with some appetite. And here it wold be remembred, that the cholerike stomake doth not desire so muche as he may dygeste, the melancholy stomake may not dygeste so muche as he desyreth, for colde maketh appetyte, but naturall heate concocteth or boyleth. Notwythstandynge vnnaturall or supernatural heate destroieth appetite, and corrupteth digestion, as it appereth in feuers. Moreouer fruites and herbes, specially rawe, wouldе be eaten in a small quantitee, although

though the person be very choleryke, forasmuch as they do engender thynne watrye bloude, apt to receiue putrifaction, whyche although it bee not shortly perceyued of hym that vseth it, at length they fele it by sundry diseases, which are long in commyng, and shortly sleeth, or be hardlye escaped. Fynally excesse of meates is to bee abhorred. For as it is sayd in the booke called Ecclesiasticus. In much meate shal be sickne, and inordinate appetite shal approche vnto choler. Semblably the quantitee of drinke woulde be moderated, that it excede not nor bee equall vnto the quãtitee of meate, specially wine, whiche moderately taken, aydeth nature, and comforteth hir, and as the sayd author of Ecclesyasticus saieth, wyne is a reioycynge to the soule and bodye. And Thcognes sayeth in Galenes worke, A large draughte of wyne is yll, A moderate draught is not onlye not yll, but also cõmodyous or profitable. Ecclc. 17 Eccle. 31 Gal. de tuenda sanitate.

Of Qualitee of meates. Cap. 2.

Qualitee is in the complexiõ, that is to saye, it is the state thereof, as hotte or cold, moyste or drye. Also some meates bee in wynter colde in acte, and in vertue hotte. And it wold be cõsidered, that euery complexiõ temperate and vntemperate, is conserued in his state, by that whyche is lyke thereto in fourme and degree. But that whych excedeth much in distemperance, muste be reduced to hys temperaunce, by that whyche is contrarye to hym in fourme or qualitee, but like in degree moderatly vsed. By fourme is vnderstand grosseues, fineneſſe.

neſſe, thickeneſſe, or thinneſſe, by degree, as the fyrſte, the ſeconde, the thyrd, the fourth in heate colde, moyſture, or dryth.

Of Cuſtome.

CUſtome in fedyng is not to be contemp-ned, or lyttel regarded, for thoſe meates, to the which a man hath ben of long time accuſtomed', thoughe they be not of ſub-ſtaunce commendable, yet do they ſomtime leſſe harme than better meates, whereunto a man is not vſed. Alſo the meates & drynkes, whych do much delite him that eateth, are to be pre-ferred before that whych is better, but more vnſa-uery. But if the cuſtō be ſo pernicious, that it nedes muſt be left, than wold it be withdrawē by lyttel and lyttel in time of healthe, and not of ſickeneſſe. For it ſhuld be withdrawen in time of ſyckeneſſe, nature ſhuld ſuſteine treble detri-ment, fyrſt by the grefe induced by ſickneſſe, ſe-cond by receyuyng of medicines, thyrdly by for-bearyng the thyng, wherin ſhe delyteth.

Hipocra-les apho. Galenus

Of the temperature of meates to be receyued. Cap. 4.

TO kepe the body in good temper, to thē whoſe naturall complexion is moyſte, ought to begeuen meates ỹ be moyſt in vertue or power. Cōtrary wyſe to thē, whoſe natural cōplexiō is dry, ought to be geuē meates dry in vertue or power. To bodies vn-temperat, ſuch meates or drynkes are to be ge-

uen

uen, which be in power contrary to the distemperance, but the degrees are alway to be consydered, as wel of the temperance of the bodye, as of the meates. For where the meates do much excede in degree the tẽperature of the body, they anoy the body in causyng dystemperaunce. As hottte wynes, vepper, garlike, onyons, and salt be noyful to them, whyche be cholerike, because they be in the hygheſt degree of heat and dryth, aboue the iuſt temperaunce of mannes bodye in that cõplexion. And yet be they oftẽtimes holsome to them, whych be fleumatike. Contrariwyse, cold water, cold herbes, and colde fruites moderately vsed, be holsome to cholerike bodies by puttyng away the heate, excedynge the naturall temperature, and to them, whyche bee fleumatike, they be vnholsome, and doe bryng into them dystemperaunce of colde and moyste.

What distemperaunce happeneth by the excesse of sundry qualitees in meates and drynkes. Cap. 5.

Meates.

- Colde doe congele and mortyfye.
- Moist, do putrifye and hasten age.
- Dry, sucketh vp naturall moisture.
- Clammy, stoppeth the issue of vapours and vrine, and ingendreth rough fleume and grauel.
- Fatte and oyly, swimmeth long in the stomake, and bringeth in loth sommesse.
- Bitter, doeth not noury she.
- Salte, do fret muche the stomake.

Harryshe, lyke the taste of wylde fruytes, doo constipate and restrayne.
Sweete, chaufeth the bloud, and causeth opilacyons or stoppynges of the pores and conduites of the body.
Sower cooleth nature, and hasteneth age.

¶ What commodytee happeneth by the moderate vse of the sayde qualytees of meates and drynkes. Cap. 6.

Meates
Colde asswageth the burnyng of choler.
Moyste, humecteth that whych is dryed.
Drye, consumeth superfluous moysture.
Clammie, thicketh that whyche is subtyl and persynge.
Bitter, clenseth and wypeth of also mollificth and expelleth fleume
Salte, relenteth fleume clammy, and dryeth it.
Fatte and vnctuous, nourysheth and maketh soluble.
Stiptike or roughe on the tongue byndeth and comforteth appetyte
Sweete doeth clense, dyssolue, and nourysshe.

Of

Of fruytes. Cap. 7.

For as muche as before that tyllage of corne was inuented, & that deuourynge of flesshe and fisshe was of mākind vsed, men vndoubtedly liued by the fruictes, and nature was therwyth contented and satisfyed, but by change of the dyet of oure progenytours, there is caused to be in our bodyes suche altercācyon from the nature, which was in man at the begynnyng that nowe all fruytes generally are noyful to man, and do ingender yll humours, and be ofte tymes the cause of putrified feuers, yf they be muche and continually eaten. Notwythstandyng vnto them, whyche haue abundance of choler, they be sometyme conuenyente, to represse the flame, whyche procedeth of choler. And some fruytes, whych be stiptike or byndyng in taste, eaten before meales, do bynde the bealy, but eaten after meales, they be rather laxatyue. Now shal it not be vnexpedyente, to write of some fruictes particularly, declarynge theyr noyful qualytees in appeyryng of nature, and how they may be vsed wyth least detrimēt.

¶ Of Gourdes.

Gourdes raw be vnpleasant in eatynge, yll for the stomake, and almost neuer digested, therfore he that wyll nedes eate them, must boyle them, rost them, or fry them, euery way they be without sauour or taste of their proper nature, they geue to the bodye cold and moyste nourysshmente, and that veeye Galen de alimentis 2.

lyttell, but by reason of the slyppernesse of theyr substaunce, and because all meates, whyche bee moyste of their nature, bee not byndynge, they lyghtly passe forth by the bealy, and beyng well ordered, they wil be metely concoct, if corrupcion in the stomake do not preuent them, they bee colde and moyst in the second degree.

Of Melons and Pepons.

MElones and pepones be almoste of one kynd, but that the melone is roūd like an apple, & the innermost part therof, where the sedes are cōteigned, is used to be eaten. The pepon is much greater & somwhat long, and the inner parte thereof is not to be eaten. They bothe are very colde and moyst, and do make yll iuyce in the body, if they be not wel dygested, but the Pepon muche more than the Melon, they doe least hurte, if they be eaten afore meales. Albeit if they doe fynde in the stomacke fleume, they be turned into fleume, if they fynde choler, they be tourned into choler. Notwythstandynge there is in them the vertue to clense and to prouoke vryne, they bee colde and moyste in the second degree.

Cucumbers.

Glen de alimentis 2.

LEcumbers do not excede so much in moysture as melons, and therfore they be not so sone corrupted in the stomacke, but in some stomakes, beyng moderately used, they do dygest wel, but if they be aboundantlye eaten

eaten, or muche vsed, they ingender a colde and thycke humour in the veynes, whyche neuer or seldome is tourned into good blonde, and sometyme bringeth in feuers. Also they abate carnal lust. The seedes as well thereof, as of melons and gourdes, beyng dryed, and made clene from the huskes, are very medicynable agaynst sicknesses proceedyng of heate: also the difficultee or let in pissyng: they be colde and moyst in the seconde degree

☞ Dates.

We hard to dygest, therfore beyng much eaten and not wel dygested, they annoy the head, and cause gnawynge in the stomacke, & make grosse iuice, and sometime cause obstructions or stoppynges in the liuer & spleane. And where there is inflamacion or hardnesse in the body, they are vnholsome, but beynge well dygested and temperately vsed, they nourysshe and make the flesh fyrme, and also byndeth the bealy, olde dates be hotte and dry in the fyrste degree, new gathered are hotte and moyste in the fyrst degree.

¶ Of figges.

FYgges eaten, do shortly passe out of the stomake, and are sone dystributed into all the partes of the bodye, and haue the power to clense, specially grauel, being in the raynes of the backe, but they make no substancial nourishmēt, but rather somwhat louse and wyndy, but by theyr quycke passage, the wynde is sone dyssolued. Therfore if they be rype, they do least Aetius. 1.

harme of any fruites, or almost none. Dry figges and olde, are more hotte and moyste than new gathered, but being much eaten they make yll bloude and iuyce, and as some doo suppose, do ingender lyce, and also annoyeth the lyuer & the splene, yf they be inflamed, but hauynge the power to attenuate or make humours currant, they make the bodye soluble, and doo clense the raynes. Also beyng eaten afore diner with ginger or pepper, or powder of tyme, or pentroyal, they prouyte muche to them, whych haue oppylacions or hard cõgeled matter in the inner partes of the body, or haue distyllacions or reumes fallyng into the breast and stomacke. Newe figges are hotte and moyst, olde figges are hotte in the first degree, and dry e in the seconde.

Of grapes and raysons.

Galen de alimentis 2.

Grapes do not nourysh so muche as figges, but being ripe, thei make not much yll iuyce in the body: albeit newlye gathered, they trouble the bealye, and fylleth the stomake wyth wind, therfore if they be hanged vp a whyle, ere they bee eaten, they are the lesse noyefull. Swete grapes, are hottest, and do lose somwhat, and make a man thirstye.

dsose. 5. Sowre grapes are cold, and doe also loose, but they are harde of dygestyon, and yet they do not nourish. They which are in taste bitter or harrysh, be like to them that are sowre. Raysons do make the stomacke firme and strong, and doe prouoke appetite, and do comfort weake bodies be-

beynge eaten afore meales, they be hotte in the first degree, and moyste in the second.

☞ Of Cheryes.

Cheries yf they be swete, they do sone slip downe into the stomacke, but yf they bee sowre or sharpe, they be more holsome, and doe loose, yf they be eaten freshe, and newly gathered: they be colde and moyste in the first degree.

¶ Of Peaches.

Peaches do lesse harme, & do make better iuyce in the body, for they are not so sone corrupted being eaten, of the iuyce of them may be made a sirope, very holsome agaynst the distemperãce of choler, wherof procedeth a stinkyng breath: They be cold in the first degree, and moyst in the seconde.

¶ Of Appulles.

All appulles eaten soone after that they be gathered, are colde, harde to dygeste, and do make yll and corrupted bloud, but beyng wel kepte vntyl the next wynter, or the yere folowyng, eaten after meales, they are ryght holsome, & do confirme the stomacke, and make good dygestion, specially yf they be rosted or baken, most properly in a cholerike stomacke, they are best preserued in hony, so ỹ one touche not another. The rough tasted appuls are holsome, where the stomake is weake by distemperaunce of heate or much moysture. The bitter

appulles, where that griefe is increased. The sowre appulles, where the matter is congeled or made thycke with heate. In distemperature of heat and drythe by drynkynge muche wyne, they haue been founde commodyous, beynge eaten at nyght goynge to bedde, wythout drynkynge to them, they bee colde and moyste in the fyrst degree.

¶ Of Quinces.

QUinces be colde and dry, eaten afore meale, they bynde and restrayne the stomake, that it may not dygest wel the meate, except that they be rosted or sodden, the core taken oute and myxte wyth hony claryfyed, or sugar, than they cause good appetyte, and preserueth the heade from drunkennesse, taken after meate, it cloasseth and drawyth the stomake together, and helpeth it to dygest, and mollyfieth the bealye yf it be abundantlye taken, they be colde in the fyrste degree, and drye in the beginnyng of the second.

¶ Of Pomegranates.

POmegranates be of good iuice, and profitable to the stomacke, specyallye they, whyche are swete, but in a hotte feuer, they that are sowre be more expedyent and holsome, for than the sweete do incend heat, and puffe vp the stomake.

Of

☞ Of peares.

Peares is muche of the nature of appulles, but they are heuyer, but taken after meate, rosted or baken, they are not vnholsome, and doe restrayne and knytte to the stomacke beynge rype, they be colde and moyst in the first degree.

☞ Medlars.

Medlars are colde and drye, and constrictiue or strainynge the stomake, and therefore they maye be eaten after meales, as a medycyne, but not vsed as meate, for they ingẽder melancholye, they be colde and drye in the seconde degree.

☞ Walnuttes.

Walnuttes, yf they bee blaunched, are supposed to be good for the stomacke and somewhat loosynge the bealye, myxt with sugar, they do nourysshe temperately. Of two dry nuttes, as manye fygges, and .xx. leaues of Rew, wyth a grayne of salte, is made a medycyne whereof yf one do eate fastyng, nothynge whyche is venemous may that daye hurte hym, and it also preserueth agaynste the pestylence, and thys is the very right Withridate, they be hotte and dry in the second degree, after some opynyons hotte in the thyrd degree, dry in the second.

¶ Fylbers and hasyl nuttes.

They be more stronge in substance than walnuttes

nuttes, whereof they are not so easyly or soone dygested. Also they do inflate the stomacke, and cause head ache, but they ingender fatte. And if they bee roosted, they be good to restrayne reumes. Also eaten with pepper, they are good agaynste tourmentes of the bealye, and the stoppynge of vryne. They be hot and dry in the first degree.

¶ Of Almondes.

They do extenuate and clense wythout anye byndynge, wherefore they purge the brest and lunges, specyalye bitter almondes. Also they doe mollify the bealy, prouoke slepe and causeth to pysse well fyue or syxe of them eaten afore meate, kepe a man from beynge dronke, they be hot and moyst in the first degree.

¶ Of Chesteyns.

They beyng rosted vnder the ymbers, or hot asshes, do nourysh the body strongly, and eaten wyth honye fastynge, doe helpe a man of the cough.

¶ Prunes.

Of the gardeyne and rype, doe dyspose a man to the stole, but they doe bringe no maner of nourysshment. To this fruyte like as to figges this propertye remayneth that being dried, they do profite. The Damaske Prune rather byndeth than looseth, and

is

is more commodyous vnto the stomacke, they be colde and moyst in the seconde degree.

Olyues.

Condite in salte lycoure, taken at the beginnyng of a meale, doth corroborate the stomacke, stirreth appetyte, & loseth the bealy beyng eaten wyth vyneger. They whych be rype, are temperately hot, they which be greene are colde and dry.

Of Capers.

They nourysshe nothynge after that they bee salted, but yet they make the bealy loose, & purgeth fleume, whych is therein conteyned. Also styrreth appetyte to meate, and openeth the obstructions, or stoppyng of the lyuer and splene, being eatē with oxymel, before any other meat, they be hotte and dry in the second degree. Galen de alimentis 2.

Orenges.

The rynde taken in a lyttell quantitee, doe comfort the stomacke, where it dygesteth, specially condyte wyth sugar, and taken fastyng in a smal quantitee. The iuice of orenges, hauynge a toste of breade put vnto it, with a lyttel pouder of myntes, sugar, & a lytle cynamome maketh a very good sauce to prouoke appetite. The iuice eaten wyth sugar in a hotte feuar, is not to bee dyscommended. The rynde is hotte in the firste degree, and dry in the second, the iuyce of theim is cold in the second degree, and dry in the first,

Herbes

The second

Herbes vsed in Potage, or to eate. Cap. 8.

GEnerally al the herbes raw, and not sodden do ingender colde and watry iuyce, yf they bee eaten customably, or in abundance, albeit some herbes are more comestyble, and doe lesse harme vnto nature, and moderately vsed, maketh metelye good bloud.

Lettyse.

AMong al herbes, none hath so good iuyce as lettyse, for some men doo suppose, that it maketh abundance of blonde, all be it not verye pure or perfyte, it doth set a hot apetite and eaten in the euenynge, it prouoketh slepe, all be it, it neyther doth loose nor bynde the bealye of hys owne propertye. It increaseth mylke in a womans brestes, but it abateth carnal apetyte, and much vsyng thereof, hurteth the eye syghte It is colde and moyst temperately.

Coleworttes and Cabages.

BEfore that auarice caused marchãtes to fetch out of the easte and south partes of the world, the traffike of spice & sundrie drougges, to contẽt the vnsaciablenes of wanton appetytes. Coleworts for the vertues supposed to be in thẽ, were of suche estymacyon, that they were iudged, to be a sufficient medycyne agaynste all dyseases, as it maye appere in the bookes of wyse Cato, wherin he writeth of hus-

husbandrye. But now I will no more remember, than shall be requyred, in that whyche shal be used as meate, and not pure medycyne. The iuyce therof hath vertue to pourge: The holle leaues beyng halfe sodden, and the water powred out, and they beyng put eftsones into hotte water, and sodden vntyl they be tender, so eaten they doo bynde the bealy. Some do suppose yf they be eaten raw with vineger before meat it shal preserue the stomacke from surfettynge, and the head from drunkennes, all be it muche vsyng of them dulleth the syght, except the eyes be very moyst. Finally the iuyce that it maketh in the body, is not so commēdable, as that whiche is ingendred of lettise. It is hot in the firste degree, and dryc in the seconde.

Of Cychory or succory.

IT is lyke in operacyon to lettise, and tempereth choler wōderfully, & therfore in al cholerike feuers, the decoctiō of thys herbe, or the water therof stilled, is right expediēt. Semblably the herbe & rote boyled wyth fleash, that is freshe, beyng eaten, kepeth the stomacke and head in very good tēper. I suppose that Southistel and Dentdelyon, be of like qualities, but not so conuenyent to be used of them, which are hole, because they are wylde of nature and more bitter, and therefore causeth fastidyousenesse or lothsomnesse of the stomake. It is cold and dry in the second degree.

En-

The second

¶ Endyue and Scariole.

BE much like in their operacyon to Cikory, but they are more cõuenient to medicine than to meate. Albeit Scariole called white Endiue, hãuing the toppes of the leaues turned in and layde in the Earthe, at the latter ende of sommer, & couered, becommeth whyte and crisp, like to the greate stalkes of cabage lettyse, whych are in winter taken vp and eaten. And to them that haue hot stomakes and dry, they be ryght holsome, but beynge to much vsed, or in very great quantytee, they ingender the humour, whyche maketh the cholyke, they be cold and moyst in the fyrst degree.

¶ Malowes,

Galen de alimentis 2.

Are not colde in operation, but rather somewhat warme, and haue in them a slyppernes. Wherfore beynge boyled and moderately eaten wyth oyle and vyneger, they make metely good concoction in the stomacke, and causeth the superfluous mattier therin easily to passe, & clenseth the bealy. It is hotte and moyst in the first degree.

Whyte beetes.

Are also abstersyue and lowseth the bealye, but much eaten, annoieth the stomacke, but they are ryght good agaynst obstructions or stoppynge of the lyuer, yf they be eaten with vyneger or mustarde, lykewyse it helpeth the splene. It is colde in the fyrste degree, and moyste in the seconde.

Porslan

Purslane.

Doeth myty gate the great heate in al the inwarde partes of the body, semblably of the head and eyes, also it repressеth the rage of Venus. but yf it be preserued in salt or bryne, it heateth and pourgeth the stomake. It is cold in the .iii. degree, and moyst in the second.

Charuayle.

Is very profitable vnto the stomack, but it may not susteyne verye muche boylynge, eaten wyth vineger, it prouoketh appetyte, and also bryne. The decoction therof dronke with wine clenseth the bladder.

Sorell.

Beyng sodden, it louseth the bealy. In a tyme of pestylence, yf one beynge fastynge, doe chewe some of the leaues, and sucke downe the iuyce, it meruciously preserueth from infections, as a new practiser called Guainerius doth wryte. And I my selfe haue proued it in my household. The seedes therof brayed and dronke wyth wyne and water, is very holsome agaynste the colyke and frettynge of the guttes, it stoppeth fluxes, and helpeth the stomake annoyed wyth replecyon. It is colde in the thyrd degree, and drye in the seconde.

Persely.

Is very conuenyent to the stomacke, & comforteth appetite, and maketh the breath sweete, the seedes and roote causeth vrine to passe wel, and breaketh the stone, dyssolueth wyndes, the rootes boyled in water, and therof oximel being made

made, it dissolueth fleume, and maketh good dygestion. It is hotte and dry in the third degree.

Fenell.

Beyng eaten the sede or roote maketh abundance of mylke, likewise dronke with Ptisane or ale. The sede somwhat restraineth flux, prouoketh to pisse, and mitigateth fretinges of the stomacke and guttes, specyally the decoction of the roote, yf the matter, causynge frettynge, be colde, but yf it be of a hotte cause, the vse therof is dangerous, for inflamacyon or exulceracyon of the raynes or bladder. It is hot in the thyrd degree, and drye in the fyrste.

Galen simpli. de medicament. i. 3 ca. 74.

Anyse seede.

Maketh swete breath, prouoketh vryne, and driueth downe thynges cleauyng to the raines, or bladder, stirreth vp courage, and causeth abundaunce of mylke. It is hotte and dry in the thyrde degree.

Beanes.

They make wynde, how soeuer they bee ordered, the substance, whyche they doe make, is spungye, and not fyrme, all be it they be abstersyue, or clensyng the bodye, they tarye longe, er they be dygested, & make grosse iuyce in the body: but yf onyons be sodden wyth them, they be lesse noyfull.

Pealyn.

Are muche of the nature of beanes, but they be lasse wyndy, and passeth faster out of the body, they be also abstersiue, or clensyng, specially whyte pealyn, and they also cause metelye good nou-

nourysshynge, the huskes taken away. And the broth, wherin they be sodden, clenseth right wel the raynes and bladder.

Rape rootes and Nauewes. Cap. 9.

The iuyce made by them is verye grosse, & therfore being muche eaten if they be not perfectly concoct in ỹ stomake, they do make crude or raw iuyce in ỹ veines Also if they be not well boyled, they cause windes, and annoye the stomacke, and make sometyme frettinges: If they be well boyled fyrst in cleane water, and that beynge caste awaye, the second time wyth fatte flesshe, they nourisshe muche, and do neyther loose nor bynde the bealye. But Nauewes do not nourysshe so muche as rapes, but they be euen as wyndy,

Turneppes.

Beyng well boyled in water, and after wyth fatte flesshe nourysheth muche, augmenteth the seede of manne, prouoketh carnall lust. Eaten rawe they styrre vp appetyte to eate, being temperatelye vsed, and be conuenyente vnto theym whych haue putrified matter in theyr breastes or lunges, causyng them to spytte easely, but beynge muche and often eaten, they make rawe iuyce and wyndynesse.

Parsneppes, and Carrettes.

Gal. lib. 1. de medi.

They do nourysh e wyth better iuyce than the other rootes, specyally carrettes whych are hot and drye, and expelleth wynd. Notwithstāding much vsed they ingender yll iuyce, but carettes

leſſe than parſnepes, the one & thother expelleth
vrine. Radyſhe rootes.

Haue the vertue to extenuate or make thinne.
and alſo to warme. Alſo they cauſe to breake
wynde, and to pyſſe: beyng eaten afore meales
they let the meate, that it may not diſcende, but
beyn geaten laſt, they make good digeſtion, and
looeth the bealy, though Galenus wrote con-
trary. For I, among diuerſe other, by experi-
ence haue proued it: Not withſtandyng they be
vnholſome for them, that haue continually the
goute, or peine in the ioyntes.

Garlyke.

It dooeth extenuate and cutte groſſe humours
and ſlymie, diſſolueth groſſe wyndes, and hea-
teth all the body, alſo openeth the places, which
are ſtopped, generally where it is well digeſted
in the ſtomake: it is holſom to diuers purpoſes,
ſpecially in the bodie, wherin is groſſe matter,
or muche colde incloſed. If it be ſodden vntyll it
looſeth his tartneſſe, it ſomewhat nouriſheth,
and yet looſeth not his propertee, to extenuate
groſſe humours, beyng ſodden in mylke, it pro-
fiteth much againſt diſtillations from the head
into the ſtomake.

Onyons.

Do alſo extenuate, but the long onyons more
than the round, the red more than the white, the
vtic more than they whiche be grene: alſo rawe
more than ſodden, thei ſtirre appetite to meate,
and put away loth ſomneſſe, and loſe the bealy,
thei quicken ſighte, and being eaten in great a-
bundance with meate, thei cauſe one to ſleepe

ſoundly

soundly.

¶ Lekes.

Be of yll iuyce, and do make troublous dreames, but they do extenuate and clense the bodye, and also make it soluble, and prouoketh vryne. Moreouer it causeth one to spitte out easely the fleume which is in the brest.

¶ Sauge.

It heateth and somwhat byndeth, and therwyth prouoketh vryne, the decoction of the leaues and braunches beyng dronke. Also it stoppeth bledynge of woundes, beynge layed vnto them. Moreouer it hath bene proued, that women whych haue bene long time without chyldren, and haue dronke .x. ounces of the iuyce of sauge, with a grayne of salte, a quarter of an houre before that they haue compaigned with theyr husbandes, haue conceyued at that time. It is hotte and drye in the thyrd degree, the vsyng therof is good agaynst palleys.

Isope

Doth heate and extenuate, wherby it dygesteth slimie fleume, beynge prepared with fygges, it pourgeth fleume downward, with honye and water vpward, boiled in vineger it helpeth the tooth ake, if the teeth be washed therewyth it is hotte and dryc in the thyrd degree.

Bourage.

Comforteth the hart, and maketh one merye eaten rawe before meales, or laied in wine that is dronke. Also it mollyfyeth the bealy, and prepareth to the stoole. It is hot and moyste in the middell of the fyrst degree.

The second

Sauery.

Pourgeth fleume, helpeth digestyon, maketh quycke sight, prouoketh vryne, and styrreth carnall appetyte. It is hot and dry in the. iii. degre

Rokat.

Heateth muche, and increaseth seede of man, prouoketh courage, helpeth digestion, and somwhat louseth. It is hotte and moyste in the second degree.

Tyme.

Dyssolueth wyndes, breaketh the stone, expelleth vryne, and ceasseth frettynges. It is hotte and dryye in the thyrd degree.

Peniroyall.

Doth extenuate, heate, and decoct, it reioureneth the stomak oppressed with fleume, it doth recomfort the faynt spyryte, it expelleth melancoly by syege, and is medycinable agaynst many dyseases. It is hot and dryye in the thyrd degree

Towncresses.

Paulus dyscommendeth, saying, that it resysteth concoction, and hurteth the stomacke, and maketh yll iuyce in the body, taken as medicine it helpeth many dyseases. It is hotte and dry in the thyrd degree.

Rosemarye.

Hath the vertue to heate, and therfore it dissolueth humours congeled wyth colde: It helpeth agaynst palseys, fallyng sickneese, old diseases of the breast, touzmentes or frettyng, it prouoketh vryne & sweat: it helpeth the cough taken wyth pepper and hony, it putteth away toth ake, the roote being chewed, or the iuyce therof put into

the

the toothe, beyng bourned, the fume therof reſi
ſteth the peſtilence: the rynde thereof ſodden or
burned, & the fume receiued at the mouth ſtop=
peth the reume, which falleth out of the head in
to the chekes or throte: whych I my ſelfe haue
proued, the grene leaues bruiſed, doe ſtoppe the
hemoroides, if they be layed vnto theym: That
herbe is hotte and dryo in the thyrd degree.

Spyces growynge out of this realme vſed in meat and drinke. Cap. 10.

Pepper.

BLacke pepper is hotteſt, and moſt drye,
white pepper is next, lōg peppet is moſt
temperate. The generall propertee of al
kindes of pepper is to heat the body, but
as Galene ſayth, it perceth downward, & dothe
dot ſpreade into the veynes, if it be groſſe bea=
ten, it diſſolueth fleume & wynde, it helpeth dy=
geſtion, expulſeth vryne, and it helpeth agaynſt
the dyſeaſes of the breaſt, proceding of cold. It
is hot in the fyrſt degree, and dry in the ſecond.

Gynger.

HEateth the ſtomacke, and helpeth dygeſtyon
but it heateth not ſo ſoone as pepper: but after=
ward the heate remayneth longer, and cauſeth
the mouth to be moyſt. Beynge greene, or well
confectioned in ſyrope, it comforteth muche the
ſtomake and hed, and quyckneth remembrance
if it be taken in the morow faſtyng. It is hotte
in the ſecond degree, and drye in the fyrſt.

Saffron.

Somwhat byndeth, heateth, and comforteth the stomake, and the hart specially, and maketh good digestion, beynge eaten or dronken in a small quantitee. It is hotte in the seconde degree and dry̆e in the fyrst.

Cloues.

Hath vertue to comforte the synewes, also to consume and dissolue superfluous humoures. They be hot and drie in the thyrd degre, sodden wyth milke, it cõforteth the debilitee of nature.

Maces.

Dioscorides commendeth to be dronke agaynst spittinge of bloude, and bluddye fluxes, and excessiue laxes. Paul⁹ Egineta addeth to it, that it helpeth the colike. Thei be hot in the. 2. degre and dry̆e in the. iii. degree. It is to the stomake very commodious taken in a litell quantitye.

Nutmygges.

Wyth theyr swete odour comfort and dissolue and sometime comforteth the power of the sight and also the drayne in colde distraiyes, and is hotte and dry̆e in the second degree.

Of breade. Cap. II.

Breade of fyne flowre of wheate hauyng no leauen, is slowe of digestion, and maketh slimye humours, but it nourysheth much: if it be leauened, it digesteth soner Bread hauing muche branne, filleth the bealye wyth excrementes, and nourysheth litell or nothing, but shortly discẽdeth from the stomake. The meane betwene both, sufficiently leauened well

well moulded, and moderately baken, is the moste holsome to euery age, The greatest loues do norysshe moste fast, for as muche as the fyre hath not exhausted the moisture of them. Yotte bread slowly passeth. Barlye bread clenseth the body, and doth not nourysshe so much as wheat, and maketh colde iuyce in the bodye.

Of flesshe. Cap. 12.

Beefe of England to englishmen, whiche are in healthe, bryngeth stronge nourysshynge but it maketh grosse bloud, and ingēdreth melancoly, but being of yong oxen, not exceadynge the age of fower yeares to them whych haue cholerike stomackes, it is more conuenient than chickens, and other lyke fyne meates.

Swynes flesshe.

Aboue all kyndes of flesshe in nourishing the body, Galen most cōmendeth porke, not beynge of an olde swyne, and that it be well digested of him that eteth it. For it maketh best iuice, it is most conuenient for yong persones, and theym whych haue sustayned much labour, and therewith are fatigate, and become weake. Yong pigges are not commended, before that they be one moneth olde, for they do brede muche superfluous humours.

Lambe.

Is very moyst and fleumatike, wherfore it is not conuenyente for aged men, excepte that it be very drye rosted. nor yet for them whyche haue in theyr stomakes much fleume.

Mutton.

Galene doth not commend it, notwythstandyng experience proueth here in this realm that if it be yong, it is a ryght temperate meate, and maketh good iuyce: and therfore it is vsed more than any other meate, in all diseases. And yet it is not lyke good in all places, nor the shepe wyche beareth fynest woll, is not the swetest in catyng, nor the most tender. But I haue founde in some countreyes mutton, which in whitenes tenderneſſe and swetenesse of the flesshe, mought be well nigh compared to kydde, and in dygestyon haue proued as holsome.

Galen de alimentis. 3. 1

Kydde and Veale,

Of Galene is commended next vnto porke, but some men do suppose, that in helth and sycknes they be muche better than Porke, the iuyce of them both, being more pure. And here it is to be noted, that of all beastes, whych be dry of theyr nature, the yongest be moost holsome, of theym that are moyst, the eldest are least hurtfull.

Hare, Coney.

Maketh grosse bloud, it drieth and stoppeth but yet it prouoketh a man to pysse. Coney maketh better and more pure nourishement, & is sooner digested than hare. It is wel proued, that ther is no meate more holsome, or that more cleane fynely, and tēperately norysheth than rabets.

Hippoc. de ratione victus. li 2. cap. 19 Plin. 28.

Deere red, and falowe.

Hyppocrates affyrmeth that flesshe of hartes and hyndes to be of yll iuyce, harde of digestion, and drye, but yet it moueth vrine. Of falowe deere, he nor any other olde wryter doth speake

of, as I remember, I suppose because there be not in all the world, so many as be in Englande where they consume a good part of the best pasture in the realme, and are in nothyng profitable, saynge that of the skynnes of thē is made better lether than is of calues, the huntynge of them beyng not so pleasaunt as the huntynge of other venery or vermyne, the flesshe much more vnholsome and vnpleasaunt than of a red deere, ingendryng melancoly, and makyng many fearfull dreames, & disposeth the body to a feuer: yf it be much eaten: notwithstandyng the father of (as some lerned men haue supposed) is better to be dygested than the leane.

¶ Of byrdes.

THe flesshe of al birdes is much lighter, than the flesshe of beastes in comparyson, most specially of those foules which trust most to theyr wynges, and do brede in hygh countreyes.

¶ Capons, hennes, and chikens.

¶ THe Capon is aboue all other foules prayed, for as much as it is easely dygested, & maketh litel ordure, & much good nourishment. It is cōmodious to the brest & stomacke Hennes in wynter are almoste equall vnto the capon: but they do not make so strong nourysshment. Auicen sayth, if they be rosted in the bealy of a kyd or lambe, they will be ꝧ better. Chickens in sommer, specially if thei be cockrels, are very conuenient for a weake stomake, & nourysheth a litell. The flesshe of a cocke is harde of digestion, but the broth wherin it is boyled, louseth the bealy, & hauing sodden in it cole wortes

¶ Poly-

Polypodium or Cartamus, it purgeth yll humours, and is medicinable against goutes, ioint aches and feuers, whych come by courses.

Fesaunt.

Exceedeth all fowles in swetenesse, and holsomnes, and is equall to a capō in nourysshynge but he is somewhat dryer, and is of some men put in comparyson, meane betwene a hen and a partryche,

Partryche.

Of all fowles is most sooneste digested, and hath in hym muche nutrimente, comforteth the braine, and maketh sede of generacion, and requireth lust whych is abated.

Quayles.

Although they be of some men commended yet experiēce proueth them to increase melancoly, and are of a small nourysshynge.

Larkes.

Be as well the flesshe as the broth very holsome, eaten rosted, they do much helpe agaynst the colyke, as Dioscorides sayth.

A Plouer.

Is slowe of digestion, nourysheth lyttell, increaseth melancoly.

Blacke byrdes or ousyls

Among wylde foule hath the chiefe praise for lyghtnes of digestion, and that they make good nourysshement and litell ordure.

Sparowes.

Be hard to dygest, and are very hotte, and stirreth vp venus, and specially the braynes of thē.

Wood-

Woodcockes.

Are of a good temperaunce, and metely lyght in digestion.

Pygeons.

Be easelye digested, and are very holsome to them, whych are fleumatike, & pure melãcolye

Goose.

Is harde of digestion, but beynge yonge and fatte, the wynges be easy to digest in a hole stomake, and nourisheth competently.

Ducke.

Is hotter than goose, and hard to digest, and maketh worse iuice, sauing the brawnes on the breast bone, and the necke, is better than the remnant.

Crane and Bustard.

Crane is hard of digestion, and maketh yll iuyce, but beyng hanged vp long in the ayre, he is the lesse vnholsome. Bustard beynge fat, and kept without meat a daye or two afore that he be kylled, to expulse his ordure, and than drawen, and hanged as the Crane is, beyng rosted or baken is a good meate, and nourysheth wel, if he be well digested.

Hearon, Byttour, Shoueler.

Beynge yonge and fatte, be lyghtyer dygested than Crane, and the bittour soner than the hearon, And the shoueler soner than any of theym, but all those foules must be eaten wyth muche Synger or pepper, and haue good olde wyne drunke after them, and so shall they be more easyly digested, and the iuyce commynge of theym be the lesse noysfull.

The

¶ The partes and members of byrdes and beastes. Cap. 13.

The wynges, brawnes, and necke of geese Capons, Hennes, Fesaunt, partryche, and small byrdes being fatte, are better than the legges in dygestion, and lyghter in nourysshynge, Of wyld foule and pigeons beyng fatte, the leggs are better than the wynges, the brawnes of ducke, teale, and wygeon except, whyche is better to digest than the resydne.

The gysar or stomake.

Of a goose or henne, beyng fatte wyth brawne and myke, beyng well sodden or made in poudre, is good for the stomak in making it stronge to dygest, and nourysheth competently.

The lyuer.

Of a Capon, Henne, Fesaunt, or goose beyng made fatte with myke, myxt with theyr meate is not only easy to dygest, but also maketh good iuyce, and nourysheth excellently. But ỹ liuers of beastes be yll to dygest, palleth slowelye, and maketh grosse blud, but it is strōg in nouryshing

The inward of beastes, as trypes and chytterlynges.

The flesshe of theym is more harde to dygest, And therfore although they be wel digested, yet make they not iuyce naturally sanguine or clene but rawe iuyce and cold, and requyreth a longe tyme to be conuerted into bloud.

The lunges or lyghtes.

Are more easye to dygest than the lyuer, and lesse nourysheth, but the nourysshement that it maketh

maketh, is fleumatike. Albeit the lunges of a Force, is medicynable for them which haue sickenesse of the lunges.

The splene or mylt.

Is of yl iuyce, for it is the chãber of melancoly.

¶ The hert.

Is of harde flesshe, and therfore is not soone dygested, nor passeth shortlye but where he is well dygested, the iuyce that it maketh is not to be dyspraysed. The brayne.

Is fleumatike, of grosse iuyce, slowe in dygestynge, noyous to the stomacke, but where it is well dygested it nourysheth much.

Marowe.

Is more delectable than the brayne, it is yll for the stomake, but where it is well digested, it nourysheth much.

The stones and bdders.

Beyng well dygested, do nourysshe muche, but the stones are hotter wyth theyr moistnesse, the bdders colde and fleumatike: they both doe increase sede of generation: but the bloude made of the bdder is better than that which commeth of the stones, except it be of calues and lambes. Also the stones of cockes, maketh commendable nourysshement.

The heade.

The flesshe therof nourysheth much, and augmenteth seede, but it is slowe of dygestyon, and noyeth the stomake, but to them wbych vse muche exercyse, it is not commendable.

The tongue.

Is of a spungy and sanguyne substaunce. but the

the kernelles, and gristel, whych are in the rootes, yf they be well dygested, they make good nourysshement, yf they be not well digested, they make fleume.

¶ The fete.

Beyng well boyled and tender, in a hole stomacke, dygesteth well, and maketh good iuyce, and passeth forth easely. Galene commendeth the fete of swyne: but I haue proued that the feete of a yonge bullocke, tenderlye sodden, and layed in sowse two dayes or thre, and eaten cold in the euenynge, haue brought a cholerike stomake into a good digestion and slepe, and therewith hath also expulsed salt fleume and choler, and this haue I found in my selfe by long experience, alwaye forsene, that it be eaten before any other meate, wythout drynking immediatly after it.

¶ Of Fyshe generallye, Cap. 14.

The best fishe after the opinion of Galen is that, whych swimmeth in a pure sea and is tossed & lift vp with windes and sourges. The more caulme that the water is, the worse is the fishe They which are in muddy waters, do make much fleume & ordure taken in fennes and diches be worste, beinge in freshe riuers and swifte, be sometime commendable. Albeit generally all kyndes of fyshe maketh more thinner bloude than flesshe, so that it dothe muche nourishe and it dothe sooner passe ouer by vapours: to a hote colerycke stomacke or in feuers, sometime they be holsome,

beyng

beyng newe, freshe, and not very harde in substance or slimy, hard fiishe is hard of digestion: but the nourishment therof is more firme, than that whych is softe: those whyche haue muche grosse humours in them, are best powdred.

¶ Of Butter. Cap. 15.

Butter is also nourishing, and profyteth in them whych haue humours superfluouse in the brest or lounge, & lacketh riping and clensing of thē, specially if it be eaten with sugar or hony. If it be well salted, it heateth and clenseth the more.

¶ Of Cheese. Cap. 16.

Cheese by the hole sentence of all auncyent wryters, letteth digestion, and is enemy vnto the stomake. Also it ingendreth yll humors & bredeth the stone. The cheese whych doth lest harme, is soft chese reasonably salted, whyche some men do suppose nourysheth much.

¶ Of Egges. Cap. 17.

Egges of fesantes, hennes, and partriches be of all other meates most agreable vnto nature, specially if they be newe layed: if they be reere, thei do clense the throte and the breast. If they be hard, they be slow in digestion: but being ones digested, they do nourysshe much. Meane betwene rere and hard, they dygest conuenientlye, and nourysshe quickely. Egges well poched, are better than rosted. If thei be fryed harde, they be of yll nourysshement, & do make stinking fumes in the stomake, & do corrupt other meates, with whom they be mingled. They be moste hollsome, whan they be poched, and

and moſt vnholſome, whan they be fryed. Dioſcorides ſayth, If they be ſupped warme, before any other meat, they do heale the gryefes of the bladder, and raynes, made wyth grauell: Alſo ſorenesſe of the chekes and throte, and ſpittynge of bloude, and they be good agaynſt cattares or ſlyllyng out of the head, into the ſtomacke.

Of drynkes, and fyrſte of water. Cap. 18.

WIthoutdoubtedly, water hath preeminence aboue all other lycors, not only becauſe it is an elemēt, ỹ is to ſay, a pure matter, wherof all other lycours haue theyr ozygynall ſubſtaunce, but alſo for as much, as it was the very naturall and fyrſt drynke, to all maner of creatures, wherfore the ſaying of Pyndarus the poete was ever well allowed, whych ſayth the water is beſt. And one thyng is to well conſydered, that from the creacion of the worlde, vntyll the vnyuerſall deluge or floud, duryng whyche tyme, men lyued eyght or nyne hundred yeares there was none other drynke vſed nor knowen but water. Alſo the true folowers of Pythagoras doctryne, dranke onely water, and yet lyued longe, as Apyolonius and other, and in the ſerchynge out of ſecrete and myſtycall thynges theyr wyttes excelled. Moreouer, we haue ſene men and women of great age, and ſtronge of body, whyche neuer, or very ſeldome, dranke other drynke, than pure water, As by example in Cornewall, although that the countrey be in a verye colde quarter, whyche proueth, that yf menne from theyr infancye were accuſtomed to

none other drinke, but to water onely moderatly vsed, it should be sufficiente to kepe natural moysture, and to cause the meat that is eaten to perce and discend vnto the places of digestyon, which are the purposes that drynke serueth for. But now to the qualitees of water after the sentence of auncyent phylosophers & phisicions.

The rayne water, after the opinyon of the most men, if it be receiued pure and clene, is most subtil and penetratiue of any other waters: The next is that, which issueth out of a spring in the east, and passeth swiftly among great stones or rockes: The thyrd is of a clene riuer which renneth on great hard stones or pebles. Ther be diuers menes to trie out, which is the best water for that which is lyghtest in poyse or weight, is best. Also that wherof commeth least skimme or froth whan it doth boyle. Also that whych will soonest be hot. Moreouer deepe linnen clothes in to sundry waters, and after lay thē to dry, and that whych is soonest drye, the water wherin it was deeped is most subtil. After a great surfet specially taken with superfluous eating of banketting meates, colde water dronken is a generall remedy. Hippo. affyrmeth, that in sharpe & feruent diseases, none other remedy is to be requyred than water. And Galene will not, that chyldren should be let from drynkyng of water but that whan they fele them selfes very hotte, after meales and do desyre to drynke water, specially of a clene fountain, they should be suffred. Also Hippo. sayth: In suche sickenes where as thou fearest, least the head shuld be vehemently

De ratione victus in morb. acutis. lib. 3.

greued, or the minde perysshed, there must thou geue eyther water, or whyte wine alayed with much water. Notwithstandyng there be in waters causes of diuers dyseases, as of swelling of the splene and the lyuer, it also flitteth & swimmeth, and it is long or it perceth, in as much as it is colde and slowe in decoction, it looseth not the bealy nor prouoketh vryne. Also in thys it is vicyous, that of his propre nature, it maketh none ordure. Finally, alwaye respecte must be had to the person, that drinketh it, for to ponge men, and theym that be hotte of complexyon, it doth lesse harme, and sometime it profyteth but to them that are feble, olde, fleumatike, or melancoly, it is not conuenient.

Of wyne. Cap. 19.

PLato ỹ wyselt of al philosophers, doth affirme, ỹ wyne moderatly dróke, norisheth & comforteth, aswel al the body as the spirites of mā And therfore god did ordeyne it for mankind, as a remedy against the incommoditees of age, that thereby they should seme to retourne vnto youth, and forget heuynesse. Undoubtedly wine heateth, & moysteth the bodye, whiche qualitees chyefly conserueth nature. And Galene of all wines commēdeth that, whych is yelow and clere, saying that it is the hottest, and white wine least hot. And the colour meane betwene both, of semblable temperature. The yelowe wyne whych is the propre colour of very hotte wynes, to olde men doth bryng these cōmoditees, First it heateth all theyr membres, also it pourgeth by vrin

the

the watrye substaunce of the bloud. Moreouer the wynes, whych be pale or yelowe, and full of substaunce, they do increase bloud, and nourishe the body, but for the more parte olde men haue nede of such wines whych do prouoke vrynes for as much as in them do abounde watrye excrementes, or superfluitees, and they which do tary long in the bealy, be not apt for aged men. Blacke or depe red wines and thicke, do bynde and congele that whych they do fynd in the body, and although some of theym do not longe abyde in the bealy, yet they moue not vryne, but rather withdraweth: but yet they do harme to olde men, for as much as they do stop the cōduytes of the spiene, the liuer and the raynes. Also grosse wynes be best for them, whych desyre to be fatte, but it maketh oppylacyons: olde wyne and clere is better for them that be flumatyke. Galene also prohybyteth chyldren to drinke any wyne, for as much as they be of an hot & moyst temperature, and so is wyne, and therefore it heateth and moysteth to much theyr bodies, and fylleth theyr heades with vapours. Moreouer he would, that yong mene should drynke lyttell wyne, for it shal make them prone to furye, and to lechery, and that parte of the soule whiche is called rationabile, it shall make troublous and dull, notwythstandyng, yet it is sometyme profitable to mitigate or expell ordure, made of choler or melancholye. Also it profyteth agaynste drythe, whych happeth in the substaunce of the body, eyther by to muche labour, or by the proper temperature of age: for wyne moysteth and

lib. 1. de tuenda sanitate.

nourysheth that, whych is to drye, also mytigateth and dissolueth the sharpenes of choler, and purgeth it also by vryne and sweat. Finally (as Theognes sayth. Much drynkynge of wyne is yll, but moderate drinking of wyne is not onely not yll, but also commodious and profitable, which sentence is confyrmed by Jesus Syrac in the booke named Ecclesiasticus, saying: wine moderately dronke, reioyceth both the body and soule. Wherfore to conclude thys chapter, there is neyther meat nor drynke, in the vse whereof ought to be a more discrete moderacion, than in wyne, consideryng that being good and dronke in due time and measure, it not only conserueth naturall and radicall moysture, whereby life indureth, but also it helpeth the principall mẽbres which belong to digestion, to do theyr office: on the other part. being ill to corrupt, or taken out of order and measure, it doth contrary to all the premisses, besides that, it transformeth a man or woman, makyng them beastly. More of the qualities of wyne, shall be touched hereafter in the order of dyete.

Of Mylke. Cap. 20.

Mylke is compact of three substaunces creame, whay, & cruddes. The moste excellent milke is of a woman. The milke of a cow is thickest, the milk of a camel is most subtil, the milke of a goate is betwene cowe milke & camel milke. Ewes milke is betwene cowe milke & asses milke. Also the mylke of beastes feading in large pastures, and out of Fennes and Marshes, is better than of them

them, whych be fed in litell closes, or in watrye groundes. In spryng time milke is most subtil and milke of ponge beastes is holsomer than of old. To children, old men, and to them which be oppressed with melancoly, or haue the flesh consumed wyth a feuer, thicke milke is conuenient And generally to all them, which do not digest the milke rise in their stomaks, after that they haue eaten it: for in those persons, it doth easelye purge that, whyche is in the bealye superfluous. And afterward it entereth into the veines, and bryngeth good nourishment. Whosoeuer hath an appetite to eate or drinke milk, to thentent that it shall not arise or abraide in the stomake, let him put into a vessel, out of the which he wil receiue it, a fewe leaues of minte, sugar, or pure honye And into that vessel cause the beast to be milked and so drynke it warme from the vdder, or els let him do as Paulus Aegineta teacheth, that is to say, boyle first the milke with an easy fyer and seeth it after with an hotter fyer, and skim it cleane, and with a spunge droped in colde water, take that cleane away which would be burned to the vessell, than put to the milke salte and sugar, and stere it often. Moreouer milk taken to pourge melancholy, would be drunke in the morning abundantly, new milked as is before written, And he that drinketh, should abstayne from meat, and exercyse. vntill the milke be dygested, and haue somewhat pourged the bealye. For wyth labour it becometh sowre: and therfore it requyreth reste and watche, or to walke very softlye. Finallye where men and women

Dyoscorides de conuenientibus cibis. Lib. 3.

be vsed from theyr chyldhood. for the more part to mylke, and to eate none or litell other meate but mylke and butter, they appere to be of good complexion and facyon of body, and not so muche vexed wyth sickneſſe, as they which drinke wine or ale, notwithstandyng much vse of milk in men sanguyne or choleryke, dothe ingender the stone.

Of ale, biere, cydre, and whay: Cap. 21.

I Can neither heare nor reade, that ale is made & vsed for a common drinke in any other countrey, than England Scotlād Irelād, & Doyle, The latine word Cerusia, is indifferēt as wel to ale as to biere. If the corne be good, the water holsome & cleane, & the ale or biere well and perfectlye brewed and clēsed, & by the space of. vi. daies or more, setled & defecate, it must needes be a necessary and cō=uenyent drynke, as well in sickneſſe as in helth considering that barly corne: wherof it is made is commēded and vsed in medycyne, in all partes of the world, and accompted to be of a syn=guler efficacye, in reducyng the bodye into good temper, specyally whych is in a distemperature of heate. For what auncient physycyon is there that in hys workes commendeth not Ptysane, whych is none other than pure barly brayed in a morter, and sodden in water, the same thynge is small and cleane ale or biere, sauing that per chance, the drying of the malte is cause of more drythe to be in the ale than in ptysane. And the hoppes in byere maketh it colder in operacyon. But to say as I thynke, I suppose, yͭ neyther

ale

ale nor biere is to be compared to wyne consydering, that in theym do lacke the heate & moysture whych is in wyne. For that beyng moderately vsed, is most lyke to the naturall heate and moisture of mans body. And also the licour of ale and biere, beyng more grosse do ingendar more grosse vapours, & corrupt humours then wine doth, being dronke in like excesse of quãtity ☞ As for Cider may not be good in any condition, considcryng (as I say) that all fruytes do ingender yll humours, and do coole to muche naturall heate: but to them whych haue abouudance of redde choler, moderately vsed it somewhat profyteth in mitigation of excessiue heat, But who that will diligently marke in the countreyes, where cyder is vsed for a common drink the men and women haue the colour of their visage palled, and the skinne of their visage ryued although that they be yong.

Whay, if it be left of the butter, beyng well ordered, & not dronke, vntill it haue a thicke curd of milke ouer it, like to a hat. is a right tẽperate drynke, for as much as by the vnctuositee of the butter, wherof the whey retepneth some porciõ it is both moist & nourishing, & clẽseth the brest and by the subtilnes of it selfe, it descendeth sone from the stomacke, and is shortly digested. Also by reason of the affinitee, whych it hath wyth milke, it is conuertible into bloud & flesshe, specially in those persons, whyche do inhabyte the north partes, in whom naturall heat is conglutynate, & therfore is of more puissaunce & vertu in thoffice of concoction. Also custom frõ childe

hoode dothe eleuate the powꝛ of meates, and dꝛynkes in theyꝛ diſpoſicion, notwythſtandyng that the. iiii. humours, ſanguine, choler, fleume and melancholye, muſt alſo be conſydered, as it ſhall appere in diuers places hereafter.

Of Hony. Cap. 22.

HOny as wel in meat as in dꝛinke is of incōparable efficacy, foꝛ it not only cleſeth altereth, and nouryſheth, but alſo it long time pꝛeſeꝛueth ẏ vncoꝛrupted, whiche is put into it. In ſo much as Plinie ſayth: ſuch is the nature of honye, that it ſuffereth not the bodies to putrify. And he affyꝛmeth that he did ſee an Hippocentaure (whyche is a beaſt halfe man, halfe hoꝛſe) bꝛought in hony to Claudius the emperour, out of Egipte to Rome. And he telleth alſo of one Pollio Romulus, who was abouc a hundꝛed yeares olde, of whome Auguſtus the emperour demaūded, by what meanes he lyued ſo long, and reteyned ſtyll the vygour oꝛ liuelineſſe of body and mynde: Pollio anſwered, that he dyd it inward with meade (whyche is dꝛinke made with hony and water) outward wyth oyle. Which ſaying agreeth with the ſentence of Democritus the greate Phyloſopher: who being demaunded howe a manne myghte lyue long in health, he aunſwered: If he weete him within with hony, without with oile. The ſame philoſopher, whē he was an hundꝛed yeres olde and myne, pꝛolonged his life certayne dayes wyth the euapoꝛacion of hony, as Arꝛyſtorenus wꝛyteth. Of this excellent matter, moſte. wonderfully wꝛought, & gathered by the litell Bee,

pli. li. 22.

as

as well of the pure dewe of heauen, as of ỹ moſt ſubtill humour of ſweete & vertuous herbes, & floures, be made licours commodyous to mankynd, as meade, metheglin, and oximell. Meade whych is made wyth one part of hony, & four times ſo muche of pure water, and boyled vntyll no ſkymme do remayne, is much commended of Galene, drunke in ſommer for preſeruynge of health. The ſame author alwaye commendeth the vſyng of hony, eyther rawe eaten with fine bread, ſomewhat leuened, or ſodden and receyued as drynke. Alſo meade parfectly made clenſeth the breſt and lunges, cauſeth a man to ſpyt eaſily, and pyſſe abundantlye, and purgeth the healy moderately. Metheglin whyche is moſte vſed in Wales, by reaſon of hotte herbes boyled wyth hony, is hotter than meade, and more comforteth a colde ſtomake, yf it be perfectlye made and not newe or very ſtale. Oximel is, wher to one parte of vineger is put double ſo muche of hony, foure times as much of water, & that beyng boyled vnto the thyrd part, & cleane ſkymmed wyth a fether, is vſed to be taken, wherin the ſtomacke is much fleume or matter vndigeſted, ſo that it be not red choler. Looke the vſe therof in Alexãdro tralliano. Many other good qualitees of hony I omit to wryte of, vntil ſum other occaſion ſhall happen, to remember them pticulerly, where they ſhal ſeme to be profitable

Lib. 4. de tuenda ſanitate.

Sugar. Cap. 23.

OF ſugar I do find none auncient authour of Grekes or latines, to wryte by name but onelye Paulus Aegineta, who ſayeth in

in

in this wise after that he hath treated of hony, Moreouer sugar, which they call hony, that is brought to vs from Arabia, called Felix, is not so swete as our hony. but is equall in vertue, & doth not anoy the stomacke, nor causeth thyrste These be the wordes of Paulus. It is now in dayly experience, that sugar is a thynge very temperate and nourysshyng, and where there is choler in the stomacke, or that the stomacke abhorreth hony, it may be vsed for hony in al thinges wherin hony is required to be, With sugar and vineger is made syrope acetose.

Of tyme. Cap. 21.

Wynter

IN the consideracion of time, for takynge of meates and drinkes, it is to be remembred, that in wynter meates ought to be taken in great abundance, and of a more grosse substance than in sommer, forasmuche as the exterior ayre, which cõpasseth the body beyng colde, causeth the heat to withdraw into the iner partes, where being inclosed, & gathered nigh together in the stomacke and entrailes, it is of more force to boile & digest that, which is receiued into it. Also metes rosted, are than better thã sodden, and flesshe and fisshe powdred, is than better than in sommer, herbes be not thẽ commẽdable, specially raw, nether fruytes, except quinces rosted or baked, Drink shuld be thã taken in litell quãlitie. Moreouer wines shall nede no water or very litell: and that to cholerike persones: red wines: & thei which be thick & swete: maye be thã most surely taken of them: which haue none oppilacions, or the stone: alway remembre that

in wynter fleume increaseth by reason of rayne and moystnes of the season, also the lengthe of nyghtes and muche rest. And therfore in that tyme cholerike persons are best at ease, semblably are yong men, but to olde men winter is enemy It begynneth the. viij. day of Nouember, and endureth vntil the. viij day of February.

Galē in comment in apho. 2. lib. 3.

The spryng tyme doth participate the fyrste part wyth wynter, the latter part wyth Sommer. Wherfore if the fyrst parte be colde, than shall the dyete be accordyng to wynter. If the ende be hotte, then shal the diet be of sommer. If both partes be temperate, than should there be also a temperance in diete, alwaye consyderyng that fleume yet remayneth, & bloud then increaseth. And meate would be lesse in quantitee than in wynter, and drink somwhat more Spryng tyme beginneth the. viii. day of February, and continueth vnto the. viii. day of May.

Spryng tyme. Hippocrates de natura humana.

In Sommer the inward heat is but litel & the stomack doth not digest so strongly nor quickly as in wynter, wherfore in that season eatynge often and a litell at ones, is most conuenyente. And Damascenus sayth, that fasting in Sommer dryeth the body, maketh the colour salowe, ingendreth melācholy, and hurteth the sight: also boyled meat, breade steeped in whyte brothe, wyth sodden lettise, or cycory, are than good to be vsed, also varietie in meates, but not at one meale, potages made wyth colde herbes, drinke in more abundance, wyne alayd wyth water to hot complections much, to cold natures lesse.

Galē cō. aph. 18. lib. 1. sommer.

Hippo. de humoribus.

In this season blonde increaseth, and towarde the

the ende therof, choler. And therfore they which be colde of nature and moyste, are then beste, at ease, hotte natures and drye worste: moreouer chyldren, and very yonge men in the begynnyng of sommer, are holest, old folke in the later ende and in harueste, sommer begynneth the. viii. day of may, & continueth vntil the. viii. day of August. Autumne beginneth the. 8 day of August and endeth the. viii. day of Nouember, that season of the yere is variable, & the ayre changable by occasion wherof, happen sundrye sickenesses bloud decreaseth, and melancoly abũdeth: wherfore al sommer frutes would than be eschewed for as much as they make yll iuyce and wides, in the body. In this time meate would be more abundant than in sommer,, but somwhat dryer, drinke must be lesse in quantitee, but lesse myxte wyth water. This tyme is dangerous to al ages, all natures, and al countreys, but the natures hotte and moyst be lest indamaged.

Gal. in comment in apho.

Dyete concernyng sundry times of the yere written by the olde phisicyon Diocles to kyng Antigonus.

From the. xii. day of Decẽber, at the whiche time the day is at the shortest, vntil the ninth day of Marche whiche do contynue lxxx. dayes, reumes & moystures do increse, than meates and drynkes naturally very hot, would be moderately vsed. Also to drynke abundantly wyne wythout alay or wyth lyttel water, and to vse liberally the company of a woman is not vnholsome to the body.

From the nynthe daye of Marche, at whyche tyme

tyme is Equinoctiū vernum, vnto the xxb. day of apryll, swete fleume and blonde do increase, therefore vse thou thinges hauing much iuyce and sharpe, exercise the bodye diligentlye, than may ye vse safely the company of a woman.

¶ From the. xx. day of Apryll, to the. xiiii. day of June, Choler increaseth, than vse al thinges that are swete, & do make the bealy soluble, forbeare carnall company wyth women.

From the. xiiii. daye of June, at whyche tyme the day is at the lengest, vnto the, xii. day of september doth melancoly reygne, forbeare carnall company, or vse it moderately.

¶ From the. xii. daye of September, vnto the xbii. daye of October, do abounde fleume and thynne humours, than would all fluxes and dystillations be prohybited, than all sharp meates and drinkes and of good iuyce, are to be vsed, and carnal occupacion should than be eschewed

¶ From the. xbii. daye of October, to the. xii. day of December. increaseth grosse fleume, vse therfore all bitter meates, sweete wynes, fatte meate, and much exercyse.

Of ages. Cap. 25.

Childzen

LYldren wold be nourished with meates and drynkes, whych are moderately hot & moiste, notwithstandinge Galene doth prohybyte theym vse of wyne, because it moysteth and heateth to muche the bodye, and fylleth the heades of them whych are hotte and moyst wyth vapours. Also he permitteth thē in hot wether to drynk clere water of the foūtaine

Galen de tuen. sa. lib. 1.

A chylde

Oribasius de inte sip. Lib. 1.

A chylde growyng fast in his membres toward a man, so that he semeth well fedde in the body, is than to be feared of fulnesse of humours, and if it be perceyued, that he is replete, than must be wyth drawen and minished some part of that nutryment, and accordynge vnto his age, some euacuation would be deuised, other while by exercyse, walkyng vp and downe fastyng, and before that they eate any meat, lette them exercise thē selues wyth theyr owne labours, & do theyr owne accustomed busineſſe, and eate the meates wherunto they be most vsed, so that it be suche that may not hurt thē. And this nede they not to know of physicions, but by experiēce and dylygent serche by theyr stoole, theyr norces shal perceiue what digesteth wel and what doth not ¶ But if it appere that by excessiue fedyng the bealy of the childe is fuller and greater than it was wont to be, and that whych passeth by the bealy is corrupted, or his sweat e stinketh, these thynges known if they eate stronge meates geue thē not one kynd of meat, but diuers, that the nouelte of the meate may helpe, that they may go more ea sely to the stoole. For yf anye haue an vnreasonable appetite, he is soner recouered, if he be purged by a boyle or impostume comen forth and broken, before that the meate be corrupted, and after that lette him eate fyne meates, and beyng ones hole, retourne by lytel and lytell vnto his olde custome.

Yong men exceading the age of, xiiii, yeares shal eate meate more grosse of substaunce, colder and moyster, also salades of colde herbes and

to

to drynke seldome wine, except it be alayd with water. Albeit all these thinges must be tẽpred accordynge to their complexions, exercyse, and quietnes in liuing, wherof ye shal rede in theyr proper places hereafter. Old men, in whom natural heat & strength semeth to decay, shuld vse alway meates whych are of quality hotte and moist, and therwythall easy to be dygested, and abstein vtterly frõ all meates & drinkes, which wil ingender thicke iuyce and slimy, semblably from wine, which is thyck, swete, and dark red wines, and rather vse theym whych wyll make thin humours, and wil purge wel the bloud by vryne, therfore whyte or yelowe wynes, & per chance french claret wynes are for them verye commendable. Also wyne prepared wyth pure hony clarified, wherin rootes of persly or fenell be steped, specially if they suspect any thynge of the stone or goute. And if they more desyre to clense their raines and bladder: than it is good to vse smal whyte wine, as racked rentish wine or other lyke to it. And sometyme to stepe ouer night therin a persely roote slit, and somewhat bruysed, and a litel licoryce. Finally, let theym beware of all meates that wyll stoppe the pores, and make obstructions or opilacyons, that is to say, with clammye matter stoppe the places, where the naturall humours are wrought and digested, the whych meates I haue before set in a table. But if it chaunce theym, to eate any such meate in abundance, lette theym take shortly such thynges, as do resyst opylacyons, or resolue them. As white pepper bruysed and myxt

Old men

Paulus Aegine. lib. 1. ca. 23.

Opilacyons what they are.

myxt wyth theyr metes or drinkes, garlike also or onyons, if they abhorre them not. Alway remembre that aged men should eate often, & but litell at euerye time, for it fareth by theym as it doth by a lampe, the lyght wherof is almost extinct, whyche by pourynge in of oyle lytell and lytell, is longe kept burnyng: and wyth muche oyle poured in at ones, it is cleane put out. Also they must forbeare all thynges whyche do ingender melancoly, whereof ye shall reade in the table before: and breade cleane wythout leauen is to them vnholsome.

¶ Moderacyon in dyete, hauyng respect to the strength or weakenes of the person. Cap. 26.

NOw here it muste be consydered, that although I haue wrytten a generall diet for euery age, yet neuertheles it must be remembred that some chyldren and ponge men, eyther by debilitee of nature, or by some accydentall cause, as syckenes or much study, happen to gather humours fleumatyke or melancolye in the places of dygestyon, so that cōcoction or digestiō is as weake in thē, as in those whych are aged. Semblab'y, some old men fynde nature so beneficiall vnto them, that theyr stomackes & lyuers are more stronge to dygeste than the sayde ponge men, some perchaunce haue muche choler remaynyng in theym. In these cases the sayde ponge men must vse the diete of olde menne, or nygh vnto it, vntill the discrasy be remoued, hauyng alwaye respecte to theyr vnyuersall complexions

plexions, as they whyche are naturallye cholerike to vse hotte thynges in a more temperance than they, whych be fleumatike, or melancholy by nature. The same obseruacion shall be to old men, sayeng that age, of hys owne propertye is colde and drye, therefore the olde man, that is cholerike, shal haue more regard to moysture in meates than the ponge man beynge of the same complexion. Forsene alwaye, that where nature is offended or greeued, she is cured by that whych is contrary to that, whyche offendeth or greueth, as colde by heate, heate by colde, dryth by moysture, moysture by drith. In that wherby nature should be norished in a hole and temperate body, thynges must be taken, whych are like to the mans nature in qualyty and degree. As where one hath hys body in a good temper, thynges of the same temperance doeth nourishe hym. But where he is out of temper, in heate, colde, moysture or drithe, temperate meates or drynkes nothyng do profite him. For being out of the meane & perfite temperature, nature requireth to be therto reduced by contrarves, remembryng not only, that contrarves are remedye vnto their contrarves, but also in euery contrary, consideracion must be had of the proporcyon in quantitee.

Hippoc. Aphor. Galen in comment.

Tymes in the day concernyng meales. Cap. 27.

Besydes the tymes of the yeare, and ages there be also other tymes of eatynge and drynkyng to be remembred, as the sodry

tymes in the day, whych we cal meales, whiche are in number and dystaunce, accordynge to the temperature of the countrey and person. As where the cõtrey is cold, and the person lusty, and of a strong nature, there maye no meales be vsed, or the lesse distance of time betwene them, Contrariwyse in contrary countreies and personages, the cause is afore rehearsed, where I haue spoken of the dyet of the times of the yere, notwythstandonge here must be also consyderacyon of exercise and rest, whych do augment or appeire the natuall dysposycyon of bodyes, as shalbe more declared hereafter in the chapter of exercyse. But concernyng the general vsage of cõtreies, and admitting the bodyes to the perfect state of health, I suppose that in England ponge men, vntyl they come to the age of .xl. yeres, may wel eate thre meales in one day, as at breakfast, dynner, and supper, so that betwene breakfast and dyner, be the space of .iiii. houres at the least, betwene dyner & supper .vi. houres and the breakfast lesse than the diner, and the diner moderate, that is to saye, lesse than sacyetee or fulnesse of bealye, and the dryncke therevnto measurable, accordyng to the drynesse or moystnesse of the meate. For muche aboundaunce of drinke at meale, drowneth the meate eaten, and not onely letteth conuenyent concoction in the stomacke, but also causeth it to passe faster then nature requireth, and therfore ingendreth muche fleume, and consequently reumes, and crudenes in the veynes, debylytee and slyppernes of the stomacke, contynuall fluxe, and manye o-

ther

ther inconuenyences to the body and members.

Breakefaste.

¶ But to returne to meales, I thinke brekefastes necessary in this realme, aswel for ȳ causes before reherſed, as also for asmuch as choler beyng feruent in the stomacke, sendeth vp fumosities vnto the brain, & causeth hedach, & somtime becommeth adust, & smouldreth in the stomack, wherby hapneth perilous sycknes, and somtyme sodeyn death, if the heat inclosed in the stomake haue not other conuenyēt matter to worke on, this daply experience proueth, and naturall reso confirmeth. Therfore men and wemē not aged, hauyng their stomacks clene without putrified matter, slepyng moderately and soundlye in the nyghte, and feelyng them selfe lyght in the mornyng, and sweete breathed, let them on goddes name breake their faste: Cholerike menne with grosse meate, men of other complexions with lyghter meate: forseen, that they labour somewhat before, semblably theyr dyner and supper, as I haue before written, so that they slepe not incontinent after theyr meales. And here I will not recyte the sentences of authors, whych had neuer experience of englysh mennes natures, or of the iust temperature of thys realme of Englaude, onely thys counsel of of Hippocrates shal be suffycyent. We ought to graunt somwhat to tyme, to age, and to custome, notwythstandyng where great werynes or drithe, greueth the bodye, there ought the dyner to be the lesse, and the lenger dystaute betwene dinet and supper. Also muche reste, except a lyttel softe walkynge, that by an vprygbt mouyng the meate beyng styrred

Hip. aph. 18. Lib. 1. Galē. de tuenda sanitate

may dyscend. This is alway to be remembred, that where one feeleth hym selfe ful, and greued with his dynner, or the sauour of his meat by eructaciō ascendeth, or ꝑ hys stomacke is weake by late sickenesse or much study, than it is moste conuenyent to abstaine from supper, and rather prouoke hym selfe to sleape muche, then to eate or dryncke any thyng. Also to drincke betweene meales, is not laudable, except very great thirst constraineth, for it interrupteth the office of the stomacke in concoction, and causeth the meat to passe faster than it should do, and the drinke beyng cold, it rebuketh naturall heat that is worckyng, and the meate remaynyng raw, it corrupteth dygestyon, and maketh crudynesse in the beynes. Wherfore he that is thirsty, let him cōsider the occasion. If it be of salt fleume, let him walke fayre and softlye, and onelye washe hys mouthe, and hys throate with barley water, or smalle ale, or lye downe and sleepe a lyttell, and so the thyrste wyl passe away, or at the least bee wel asswaged. If it happen by extreme heat of the ayre, or by a pure choler, or eatynge of hotte spices, let hym drinke a littel Julep made with cleane water and sugar or a lyttell small biere or ale, so that he drynke not a greate glutte, but in a lyttel quantitee, let it slyl downe softly into his stomacke, as he sitteth, and than let him not moue sodeinly. If the thirst be in the euenynge by eatynge to muche, and drinkynge of wyne, than after the opinyon of the best learned physicions, and as I my selfe haue often experienced, the best remedy is, if there be no feuer, to drinke

a good

a good draught of colde water immedyatelye, or els if it be not peyneful for hym to vomytte, to prouoke him therto with a litte warme water and after to wash hys mouth with vyneger and water, and so to slepe longe and soundlye, yf he can. And if in the morning he feele any fumosities rising, than to drynke Julep of violettes, or for lacke thereof, a good draughte of verye small ale or biere somwhat warmed, wythout eating any thyng after it.

¶ Of dyuersitee of meates, wherby healthi is appayred. Cap. 28.

NOw let this be a general rule, that sondry meates, beyng diuers in substaunce and qualitee, eaten at one meale, is the greatest enemyto health that may be, & that which ingendreth most sicknesses, for some meates beyng grosse & hard to dygest, some fine and easy to digest, do require diuers operacyons of nature, and dyuers temperatures of the stomacke, that is to say, much heate and temperate heate, which may not be togyther at one tyme. Therfore whan the fyne meate is sufficyentlye boiled in the stomacke, the grosse meate is raw, so bothe iuyces, thone good and perfite, thother grosse and crude, at one tyme dygested, and sent into the veynes and body, nedes must helth decaye, & sicknesses be ingēdred. Lykewyse in dyuers meates beyng of diuers qualities, as wher some are hotte and moyst, some colde and moyst,

some hotte and drye, some colde and drye, accor-
dyng therunto shal the iuyce be dyuers, whych
they make in the body. And like as betwene the
sayd qualyties is contrarietee, so therby shalbe
in the body an vnequal temperature, forasmuch
as it is not possyble for man to estime so iuste a
proporcyō of the qualyties of that, which he rece-
ueth, that thone shal not excede thother in quan
tytee. Wherfore of the sayd vnequall myxture,
nedes must ensue corrupcion, and consequently
sickneesse. And therfore to a hole man, it wer bet
ter, to feede at one meale competentely on very
grosse meat only, so that it be sweet, and his na-
ture do not abhorre it, than on diuers fine mea-
tes, of sundry substance and qualytees. I haue
knowen and seene olde men, and olde women,
whych eating only biefe, bakē, chese, or curdes,
haue contynued in good health, whome I haue
proued, that whan they haue eaten sondry fine
meates at one meale, haue soone after felt them
selfe greued with frettinges and head ache, and
after that they haue ben hole agayne, ther hathe
been geuen to them one kynde of lyghte meate,
they haue done as wel therwyth, as they were
wont to do with grosse meates, whan they eate
it alone, which proueth to be true that which I
haue reherced. And it is good reason, for after
the general opynion of phylosophers and phy si-
cyons, the nature of mankynd is beste contente
with thinges most symple and vnmixt, al thin-
ges tendyng to vnitee, wherin is the onely per-
fection. Also it is a generall rule of phylike, that
where a sickenesse may be cured with simples,

that

that is to say, with one only thyng, that is medicynable, ther should the phisicyon geue no cõpounde medycyne myxte with many thynges. These thynges considered, it maye seeme to all men, that haue resõ, what abuse is here in this realme in the continual gourmandise and dayly feedyng on sondry meates at one meale the spiryte of gluttony, tryumphyng among vs in his gloryous chariot, called welfare, dryuyng vs afore hym, as his prysoners, into his dungeon of surfet, where we are tormented with catarres, feuers, goutes, pleuresies, frettynge of the guttes and many other sicknesses, and finally cruelly put to death by them, oftẽtimes in youth, or in the most pleasant tyme of oure lyfe, whan we wold most gladly liue. For the remedy wherof how many tymes haue ther been deuised ordynaunces and actes of counsayle: although perchance bodyly health was not the chyefe occasion therof, but rather prouysion agaynste vayne and sumptuous expenses of the meane people. For the nobylitee was exempted, & had libertee to abyde styl in the dungeon, if they would, and to lyue lesse whyle than other men: But whan, where, and how longe were the sayed good deuyses put in due execucyon, for all that therof should succede double profite, that is to say, helth of body, and increse of substance, by eschewynge of superfluous expenses in sundry dyshes: alas howe long wyll men fantasye lawes and good ordynaunces, and neuer determyne them. Fantasie procedeth of wytte, determinacion of wisdome, wytte is in the deuysyng and speakynge, Gluttony

but wisedom is in the performance, which resteth only in execution. Here I haue almost forgotten that my purpose was to write of the order of dyete, and not of lawes: but the feruente loue that I haue to the publyque weale of my countrey, constreyned me to digresse, somwhat from my matter: but now wyl I procede forth to wryte of order, whych in takynge of meates and drynkes, is not the least part of dyete.

¶ Of order in receiuyng of meate and drynke. Cap. 29.

HErbes as wel sodden, as vnsodden, also fruictes, which do mollifye and loose the bealy, ought to be eaten before anye other meat, except that sōtime for ỹ repressyng of fumositees, risinge in the headde by much drinkyng of wyne, rawe lettyse, or a colde appul, or the iuyce of Orenges or lymons maye be taken after meales in a littel quātite. Moreouer all brothes, milke, rere egges, and meates whych are purposelye taken to make the bealye soluble, would first be eaten. All fruictes and other meates, that are stiptike or bindyng, wold be eaten last after all other. Fruictes confectionate specially with hony, ar not to be eatē with other meates. But here it is to be diligētly noted, that where the stomacke is choleryke and strong, grosse meates wold be first eaten, where the stomacke is cold or weake, there would fine meates be first eaten: for in a hot stomacke, fine meates are bourned, whyle the grosse meate is dygestyng.

digestyng. Contrarywise in a cold stomacke, the littel heate is suffocate with grosse meate, & the fine meate lefte rawe, for lacke of concoction, where if the fine meate be first taken moderatly it stereth vp and comforteth naturall heate, and maketh it more able to concoct grosse meates yf they be eatē afterward: so that it be but in small quātite: notwythstandyng, as I late affirmed, one maner of meate is moste sure to euery complexion, forsene that it be alway most cōmonly in conformitie of qualities, wyth the person that eateth. Moreouer take hede that slipper meates be not first eaten, lest it drawe wyth it to hastily other meates, er thei be digested, nor that styptik or restrainyng meates, be takē at the beginning as quinces, peares, and medlars, lest they maye let other meates, that they discende not into the bottome of the stomacke, wher they shuld be digested, notwithstanding the confection made of the iuyce of quynces, called Dacytonites taken two houres afore dinner or supper, is cōmēded of Galene, and other, for restoryng apperite, and makyng good concoctiō. Also concerning drinke at meales, it would not be afore that somewhat were eatē. And at the beginnyng the drink wold be strongest, & so toward thende more smal, yf it be ale or bicre, & if it be wine more & more alaied with water. And after the better opiniō of phisicyōs, the drinke wold rather be mixt with the meat by sondry lytel draughtes, than wyth one great draught at thend of the meale, for the mixture tempreth wel the meate without anoiance a greate draught & much drynke, drowneth the

Drynckel at meales

meate, rebuketh natural heate, that than wor-
keth in concoction. & with his weyght dryueth
downe the meate to hastyly. Hotte wynes and
swcete, or confectioned wyth spyces, or verye
strong ale or biere are not conuenīēt at meales,
for the meate is by them rather corrupted than
dygested, & they make hotte and stinkyuge va-
pours asceū vp to the brayne. Albeit if the sto-
macke be very wyndy, or so cold and feble, that
it cannot concoct suche a quantitie of meate, as
is required to the sufficient nourysshment of the
body of him that eateth, or hath eaten raw her-
bes or fruictes, wherby he feleth some anoiance
than maye he drynke laste incontinent after his
meale, a lyttel quantytee of secke, or good aqua
vite in smal ale, but yf he haue muche choler in
hys stomacke, or a head ful of vapours, it were
much better, that he dyd neither drinke the one,
nor the other, but rather eate a lyttel coryander
seed prepared, or a piece of a quince rosted, or in
a marmelade, and after rest, to amend the lacke
of nature wyth slepe, moderate exercyse, & play
ers prouyded for comfortyng of the stomacke.
And here wyl I leaue to write any more of the
dyete in eatyng and drynckyng, sauyng that I
would, that the readers should haue in remem-
brance these two counsayles. Firste, that to an
hole man, to prescryse a rule is not conuenyent in
dyete, and that the dyseases, which do happē by
to much abstynence, are worse to be cured, then
they which come by replecyon. And Cornelius
Celsus sayth, A man that is hole & wel at ease,
and is at his liberty, ought not to bind him selfe

Cor, cel. li, 1. ca 1 Idē, ca. 2

to

to rules or nede a phisicio: but yet wher the sto-
macke is feble, as is of the more part of citesēs,
and wel nigh al they that be studio⁹ in learnyng
or weighty affayres, there ought to be more cir-
cumspection, that the meat may be such, as that
eyther in qualytee or quantytee, nature beynge
but feble, be not rebuked or to muche oppressed.

¶ Of slepe and watche. Cap. 30.

The commodite of moderate slepe, appe-
reth by this, that natural heate, which
is occupied about the matter, wherof
procedeth norysshmēt, is cōforted in the
places of digestiō, & so digestion is made better,
or more perfit by slepe, the body fatter, the mind
more quyet and clere, the humours temperate:
and by much watch all thynges happen contra-
rye. The moderacyon of slepe muste bee measu-
red by healthe and sickneesse, by age, by tyme, by
emptyneesse or fulneesse of the body, and by natu-
rall complexions. First to a hole man, hauynge
no debylytee of nature, and digestyng perfectlye
the meat that he eateth, a lyttel slepe is suffycy-
ent: but to them, whych haue weake stomackes
and doo dygest slowlye, it requireth, that sleepe
be more longer: semblable temperance is requi-
red in youth and age, wynter and sommer. The
body beyng ful of yll humours, very lyttel slepe
is sufficiēt, except the humours be crude or raw
for than is slepe necessary, whych digesteth thē
better than labour. Semblably, wher the body
is long empty, by longe sickneesse or abstynence,
slepe comforteth nature, as wel in the principal
members

members, as in all the other. Also regard muste be had to the complexion, for they that are hoate and do eate lyttel, and dygeste quicklye, a lyttell slepe serueth, specially to cholerike persones, for in them much sleepe augmenteth heat, more than is necessary, wherby hot fumes and inflamacions are often ingendred, and sometyme the naturall choler is adust or putrifyed, as experyence teacheth. Fleumatike persõs are naturally inclined to slepe: and bicause they ingender muche humours, they require more slepe than sanguyne or cholerike. Persons hauynge naturall melancoly, not procedynge of choler aduste, doe require very much sleape, whych in them comforteth the powers animal, vital, and naturall, which ye may find wrytẽ in ỳ tables preceding. Sleape woulde be taken not immediatlye after meales, and before that the meate is dyscended from the mouth of the stomacke, For thereby is ingendred paines and noyse in the healy, and dygestion corrupted, and the sleape be ill vapours, ascendyng, made vnquiete and troublous: more ouer immoderate slepe maketh the body apt vnto palsies, apoplexis, fallyng sickness, reumes, & impostumes. Also it maketh the wyttes dul, and the bodye slowe and vnapte to honest exercyse. Semblably immoderate watche dryeth to much the body, and doth debylytate the powers animal, letteth digestyon, and maketh the body apte to consumpcyons. Wherfore in these twoo thynges, as wel as all other, a dylygent temperence is to be vsed, the modereciõ is best conieced (for it is harde perfectely to knowe it) by the

sensi=

sensible lyghtnes of al the body, specyally of the brayne, the browes, and the eyes, the passage downe of the meate from the stomacke, the wyl to make vrine, and to go to the stoole, contrarye wyse, heuines in the body & eyes, and sauour of the meate before eaten, signifieth that the slepe was not sufficiēt. They that are hole must slepe first on the ryght side, because the meat may approche to the lyuer, which is to the stomacke, as fyre vnder the potte, and by him is digested. To them, whiche haue feeble digestion, it is good to slepe prostrate on their bealyes, or to haue their bare hande on their stomackes. Lynge vpright on the backe, is to be vtterly abhorred.

The commoditee of exercise, and the tyme whan it should be vsed. Cap. 31.

Every meuyng is not an exercise but only that which is vehement, ỹ end wherof, is alterac on of the breath or wynd of a mā. Of exercise do procede two commoditees euacuation of extrementes, & also good habite of the body: for exercise being a vehement motion, thereof needes muste ensewe hardynesse of the members, wherby labour shal the lesse greue, & the body be the more streng to labour. Also ther of commeth augmentacyon of heate, whereby happeneth the more attraccion of thynges to be digested, also more quycke alteracyon, and better nourishyng. Moreouer, that all and singuler partes of the bodye, be therewyth somewhat humected. Whereby it happeneth, that thynges

thynges hard be mollifyed, moyste thynges are extenuate, and the poores of the bodye are more opened. And by the vyolence of the breathe or wynde, the pores are clensed, and the fylthe in the body naturally expelled. This thynge is so necessary to the preseruacyō of helth, that with out it, no man maye be longe without sycknes, whyche is affirmed by Cornelius Celsus, saiyng that sluggysshnes dulleth the body, labour doeth strength it, the fyrst bryngeth the incommodytees of age shortly, the laste maketh a man long tyme lustye. Notwithstandyng in exercise ought to be foure thynges dylygently consydered, that is to saye, the tyme, the thynges precedyng, the qualitee, and the quantitee of exercise. And first as concernyng the time conuenient for exercyse, that it be not whan there is in the stomacke or bowelles greate quantytee of meate not sufficiētly dygested, or of humours crude or rawe, least therby peryll moughte insue by conueyaunce of them into all the membres, before those meates or humours be concocte or boyled suffycyently. Galene sayeth, that the tyme most conuenyent for exercise is, whan bothe the first and seconde dygestyon is complete, as well in the stomacke, as in the veines, & that the tyme approcheth to eateestsones. For if ye doo exercyse sooner or later, ye shal eyther fyll the bodye with crude humours or els augmēt yelow choler. The knowlage of thys time is perceiued by the colour of the vryne, for that whyche resembleth vnto clere water, betokeneth that ỹ iuice whych commeth from the stomacke, is crude in

Cor. cel. lib. 1,

Lib. 2. de tuenda sanitate

the

the veynes. that whyche is well coloured, not to hygh or base, betokeneth that the seconde dygestyon is now perfect, where the colour is very hygh or red, it signyfieth that the concoction is more than sufficyent. Wherfore whan the vryne appereth in a temperate colour, not redde nor pale, but as it were gylte, than should exercyse haue hys begynnynge.

¶Of fricasies or rubbynges preceadyng exercyse. Cap. 32.

AS touchynge thynges preceadynge exercyse, forasmuch as it is to be feared, leste bysvehement exercise any of theextrementes of the bealy or bladder shuld hastyly be receiued into the habite of the bodye, by the vyolence of heate, kyndled by exercyse, also leste some thyng whych is hole, be by reuinesse of excrementes or vyolent motyon, broken or pulled out of his place, or that the excrementes, by vyolence of the breathe, should stoppe the pores or conduites of the bodye, it shalbe necessarye lyttell and lyttel, by chafing the body, firste to mollyfye the partes consolidate, and to extenuate or make thynne humours, and to loose and open the pores, and than shall insue to hym that exerciseth, no peryl of obstruction or rupture, And to bryng that to passe, it shalbe expedyente after that the body is clensed, to rubbe the body with a course lynnen clothe, firste softlye and easilye, and after to increase more and more, to a harde

Galenus
Paulus.
Orbasius
Aetius.

harde and swifte rubbyng, vntyl the fleash doe swel, and be somewhat ruddy, and that not only downe ryght, but also ouerthwart and roūd: Some do vse fricasies in this forme, in the mornyng, after that they haue ben at ỹ stoole, wyth their shirt sleues or bare hande, yf their flesh be tender, they doe firste softly, and afterwarde faster, rubbe their breste and sides downewarde, and ouerthwart, not touchyng their stomacke or bealy, and after cause their seruaunt semblablye to rubbe ouerthwart their shulders, and backe, and begynnyng at their neckbone, and not touchyng the raynes of their backe, except they doe fele ther much cold and wynde, and afterwarde their legges frō the knees to the ancle: last their armes from the elbowe to the handwrest. And in this forme of fricasy I my selfe haue founden an excellent commodity. Old men, or they whiche be very dyze in their bodyes, yf they put to some swete oyles, as Irinum, Nardinū, chamemelinum, or other like, mixt with a lyttel sweet oyle of Roses, I suppose they do wel. I will not here speake of oyntmentes vsed in olde tyme among the Romaynes and Greekes, in fricasies or rubbinges. For I suppose, that they were neuer here vsed, and in the sayde places, they be also left, oneles it be in palseyes or appoplexies, or agaynst the rygour, whych happeneth in feuers onely. I wil remember the saiyng of Hippocrates, Fricasy hathe power to loose, to bynde, to increase fleash, and to mynysh it. For harde fricasies doo bynde or consolidate, softe rubbynge doeth loose or mollyfy, muche doe mynysh flesh,

meane

meane rubbyng doeth augment or increase it.
He that wyl knowe more aboundantly hereof, let him reade the booke of Galene of the preseruacyon of helth, called in latine De tuenda sanitate, translated moste truelye and eloquentlye, out of greeke into latyne, by Doctour Lynacre, late phisicyon of most worthy memorye to oure soueraygne lorde kyng Henry the eyght.
The same matter is wrytten more bryefely of Paulus Aegineta, Oribasius, Aetius, and som other late wryters, but vnto Galene not to bee compared.

The dyuersitees of exercises. Cap. 33.

THe qualytee of exercise, is the diuersitee therof, forasmuch as therin be many differences in mouing, and also some exercyse moueth more one part of the body, some another. In dyfference of mouynge some is slowe or softe, some is swifte or faste, some is strong or vyolent, some be myxt wyth strengthe and swyftnes. Strong or vyolent exercises bee these, deluyng (specially in tough clay and heuy) bearyng or sustenyng of heauy burdens, climmyng or walkyng against a stepe vpright hyl, holdyng a rope, and clymmyng vp therby, hangyng by the hands on any thyng aboue a mans reach, that hys feete touche not the ground, stādyng and holdyng vp, or spreadyng the armes, wyth the handes faste cloased, and abydynge so a longe tyme. Also to holde the armes stedfast, causyng an other manne, to assaye, to pull them

out, and notwithstandyng he kepeth hys armes stedfast, inforcynge thereunto the synewes and muscules. Wrastlyng also wyth the armes and legges: yf the persones be equall in strengthe, it doeth exercyse the one and the other: yf the one be stronger, than is it to the weaker a more violent exercyse. All these kyndes of exercises, and other lyke them, do augment strength, and therfore they serue only for younge men, whyche be inclyned, or be apt to the warres. Swyft exercyse wythout violēce is, rennyng, playing wyth weapons, tenise, or throwyng of the ball, trottyng a space of grounde forwarde and backeward, goeyng on the toes, and holdynge vp the handes. Also styrryng vp and downe his armes, without plummettes. Vehement exercise is compounde of vyolente exercyse, and swyfte, whan they are ioyned together at one tyme, as daunsynge of galyardes, throwynge of the ball, and rennynge after it: footeball play maye be in the number therof, throwyng of the long darte, and contynewyng it many tymes, rennynge in harneyse, and other lyke. The moderate exercyse is longe walkyng or goeyng a iourney.

The partes of the bodye haue sondry exercyses appropryed vnto them, as rennyng and goynge is the moste proper for the legges. Mouynge of the armes vp and downe, of stretchynge theim out, and playyng wyth weapons, serueth moste for the armes and shoulders, throwyng and rysyng oftentymes, or lyftynge greate weyghtes, takyng vp plummettes or other lyke poyses on the endes of staues, and in lykewyse, lyftyng vp

in

In euery hande a speare or morysspike by the endes, specyally crossynge the handes, and to laye them downe agayne in their places, these doe exercyse the backe and loynes. Of the bulke and lunges the proper exercyse is meetynge of the breath in syngeynge or cryinge. The entrayles, whyche bee vnderneath the myddrieffe, be exercysed by blowyng, eyther by constraynt, or playnge on shaulmes or sackebottes, or other lyke instrumentes, whych doe require much wynd. The muscules are best exercysed wyth holdyng the breathe in a longe tyme, so that he, whyche dooeth exercyse, hathe wel dygested hys meate, and is not troubled wyth muche wynde in hys bodye. Fynallye lowde readynge, counterfayte battayle, tenyse, or throwyng the ball, rennynge, walkyng: adde to shootynge, whych in myne oppynyon exceede all the other, doe exercyse the bodye commodyously. Alwaye remember, that the end of vyolent exercyse is, difficultee in fetchynge of the breath. Of moderate exercyse, alteracyon of breathe onely, or the begynnynge of sweate. Moreouer in wynter, rennynge and wrastlynge is conuenyent. In sommer wrastelyng a lyttel, but not rennynge. In verye colde weather, muche walkynge, in hotte weather, reste is more expedyente. They whych seme to haue moyste bodyes, and lyue in idelnesse, they haue neede of vyolente exercyse. They whyche are leane and cholerycke, muste walke softlye, and exercyse theym selfe verye temperatelye. The ymmunctes, called of Galene Alteres, whyche are nowe much vsed wyth Celsus.

greate men, beynge of equal weyght, and accordyng to the strength of hym, that exercyseth, are verye good to bee vsed fastynge, a lyttell before breakefast or dyner, holdyng in euery hande one plummet, and liftyng them downe wyth muche violence, and so he maye make the exercyse violente, or moderate, after the poyse of the plummettes, heuyer or lighter, and with much or lyttell labouryng with them.

¶ Of gestacion, that is to saye, where one is caryed, and is of another thynge meued and not of selfe. Cap. 34.

Paulus Aegineta. THere is also another kynde of exercise, whych is called Gestacion, and is mixte wyth mouyng and rest. For asmuch as the body sittyng or lyng semeth to rest, and notwithstandyng it is meued by that, whiche beareth it, as lyng in a bedde, hangeynge by coardes or chaynes, or in a cradell, sittynge in a chayre, whych is caryed on mẽs shoulders with staues, as was the vse of the ancient Romains or sittyng in a boate or barge, whych is rowed, rydyng on a horse, whych aumbleth very easily, or goeth a verye softe pace. The bedde, Cradel, and chayre caryed, serueth for them that are in longe and continual sickenesse, or be lately recouered of a feuer. Also them, whyche haue the frenesie or letarge, or haue a lyght tercyane feuer, or a cotidyaue. This exercyse sweetelye asswageth troubles of the mynde, and prouoketh slepe,

ſlepe, as it appereth in chyldren, whych are rocked. Alſo it is conuenyent for them, which haue the palſey, the ſtone, or the gowte. Geſtacion in a charyot or wagon hath in it a ſhakynge of the body, but ſome vehement, and ſome more ſofte, the ſofte ſeruyth in dyſeaſes of the heade, and where any matter rennyth downe into the ſtomake and entrayles. But the vehemēt ſhakyng is to be vſed in the griefes of the breaſt and ſtomake. Alſo in ſwellynge of the body and legges in dropſies, palſeis, mygrymes, and ſcotomyes, which as in imagynacyon of darkeneſſe beynge returned, at the end of hys iourney, he muſt ſit vp, and be eaſyly moued. I haue knowen ſayth Aetius, many perſōs in ſuche wyſe cured with out anye other helpe. Nauigacyon or rowynge nygh to the lande, in a calme water, is expedient for them that haue dropſies, leprzies, palſeis, called of the vulgar people, takyngs, and franſies. To be caryed on a rough water, it is a vyolent exercyſe, and induceth ſundrye affections of the mynde, ſomtyme feare, ſomtyme hope, nowe cowarde hert, nowe hardyneſſe, one whyle pleaſure, a nother whyle dyſpleaſure. Theſe exerciſes, yf they be wel tempered, they may put oute of the body, all long duryng ſickneſſes. For that whyche is myxte with reſt & meeuyng, if anye thing els may, it moſt excellently cauſeth the bodye to be wel nouryſhed. Celſus doeth prohibyte Geſtacion, where the body feeleth peyne, and in the beginning of feuers, but whan they ceaſe, he alloweth it. Rydynge, moderately and wythoute gryefe, doeth corroborate the ſpiryte and bodye Celſus. 2

aboue other exercises, specyally the stomacke, it clenseth the sences, and maketh the more quicke Albeit to the breast, it is very noyful. It ought to be remembred, that as wel thys, as all other kindes of exercise, would be vsed in a hole countrey, and where the ayre is pure and vncorrupted. Foreseen, that he that wyl exercyse, do goe first to the stoole, for the cauks rehearsed in the laste chapter.

¶ Of Vociferacyon. Cap. 15.

The chiefe exercise of the breast & instrumētes of the voice, is vociferacīō, whiche is singing, reding, or cryng, wherof is the properte that it purgeth naturall heate, and maketh it also subtyl and stable, and maketh the members of the bodye substauncyal and stronge, resystyng dyseases. Thys exercise would be vsed, of persons shorte wyndes, and them whyche cannot fetch their breath, but holdyng their necke streight vpright. Also of them, whose flesshe is consumed, specyallye aboute the breast and shoulders. Also whyche haue had apostlhumes brokē in their breastes: moreouer of them that are horse by the much moysture, and to them, whych haue quartayne feuers, it is cōuenyent, it loseth the humoure that sticketh in the breast, and dryeth vp the moistnes of the stomacke, whych properlye the course of the quartayne is wont to bryng wyth hym, it also profiteth them whych haue feble stomakes, or do vomite continually, or do breake vp sowrenes out of the stomacke. It is good also for griefes of

the

the head. He that intendeth to attempt this exercyse, after that he hath been at the stoole, and softly rubbed the lower partes, and washed his handes, let hym speake wyth a base as voyce as he can, and walkyng, begyn to syng lower and lowder, but styl in a base voyce, and to take no hede of sweete tunes or armonye. For that nothyng doeth profyte vnto heith of the body, but to inforce hym selfe to sing great, for therby muche ayre drawen in by fetchinge of breath, thrusteth forth the breaste and stomake, and openeth and enlargeth the poores. By high crylnge and lowde readynge, are expelled superfluous humours. Therfore mē and women, hauyng their bodyes feeble, and their fleashe loose, and not firme, muste reade oftentymes lowde, and in a base voyce, extendyng out the wynde pype, and other passages of the breath. But notwithstādynge, this exercyse is not vsed alwaye, and of all persons. For they, in whom is abundaunce of humours corrupted, or bee muche dyseased with crudite in the stomake and veynes, those do I counsayle to abstame from the exercyse of the voyce, lest muche corrupted iuice or vapors, may therby be into all the body dystrybuted.

And here I conclude to speake of exercise, whyche of them that desyre to remayne long in helth is moste diligently, and as I myght saye, moste scrupulously to be obserued.

THE THYRDE BOOKE.

¶ Of Replecion. Cap. primo.

REPLECION IS A superfluous abūdāce of humours in the body: & that is in two maner of wise, ỹ is to say, in quātitee, and in qualytee. In quantite as where al the foure humors are more in abūdāce, thā be equal in proporcyon to the body, that conteineth them, or where one humour much exceadeth the remnaunt in quantytee. In qualytee, as where the bloude, or other humoure, is hotter, or colder, thicker or thynner, than is conuenient vnto the body. Firste where all the humours, beyng superfluously increased, fylleth and extendeth the receptories of the body, as the stomake, the veines, and bowels, and is moste properlye called fulnesse, in greeke plethora, in latin Plenitudo. The other is, where the body is infarced, either with choler, yelow or blacke, or with fleume, or wyth watry humours, and is properly called in greke Cacochymia, in latin Vitiosus succus, in englisth it may be called corrupt iuice. I wil not here write, the subtil and abundant definicions and descripcions of Galen in his bokes de Plenitudine, and in his commentaries vpon the Apho-

rys

yhorisines of Hippocrates. For it shal here suffice, to shew the opperacyons of replecyon, good or yll, remittynge them, whych be curyons, and desire a more ample declaracyon, to the most excellēt workes of Galene, where he may be satisfied, if he be not determyned to repugne against reason. Hippocrates sayeth, where meate is receyued muche aboue nature, that maketh sickenesse. Galene declaryng that place sayeth: more meate than accordeth wyth natures measure, is named replecion. And afterward he expoundeth that woorde aboue nature, to signyfie to muche and superfluously, and who sayeth, where the meate is superfluously taken, it maketh syckenesse. For meate but a lyttel exceadyng temperance, may not forthwyth make syckenesse, but maye yet keepe the body wythin the latytude or boundes of health, for the meate that shal make sickenesse, must not a lyttell excede the exquisite measure. The incommodytee, which happeth therby is, that moystnesse is to much extended, and natural heate is debylytate. Also naturall heate resolueth somewhat of the superfluous meate and drynke. And of that, which is resolued of meate vndygested, proceadeth fumositee grosse and vndygested, whych ascendyng vp into the head, and touchyng the ryme, wherin the brayne is wrapped, causeth head ache, trembling of the membres, duskishnesse of the sight, and many other sicknesses, also by the sharpnes therof, it prycketh and annoyeth the synewes, whych make sensibylytee, the rootes of whom, are in the brayne, & from thens passeth through

Li, 2. aph

Apho. xv Vbi cib⁹ preter naturam plus ingestus est hic morbū facit. Galen in commen. loco predicto.

all the body. Finally, the sayd fumositee ingendred of repiecion, pearcyng the innermoste part of the sayde sinewes, called sensybie, greuously annoyeth the power anymal, there consystyng, by the occasyon wherof, vnderstādyng and reason, as to the vse of them, are let and troubled. And also the tongue, whych is reasons exposytour, is depryued of hys office, as it appereth in them, whych are dronke and them, which haue greuous peynes in their head, procedynge of repiecion. Dignes of repiecyō be these, losse of appetyte, acelyte in nothynge, slouthfulnesse, dulnesse of the wytte and sences, more sleepe than was accustomed to be, crampes in the body, stertynge or saicyon of the members, fulnesse of the veynes, and thicknesse of the pulses, horrour or shrouclyng of the body myxte wyth heate. The remedyes are abstynence and all euacuacyons, wherof I wyl make mēciō in the next chapter.

Dribasius cuporistō. li. 1.

Of euacuacion. Cap. 2.

The meates & drynks receiued into the body, yf the stomacke & lyuer doe theyr naturall office, be altered by concoction and digestion, in such wise, that the best parte thereof goeth in the nourysshmente of the bodye, the worste beynge seperate by the membres offycyal, from the residue, are made excrementes in sundrye fourmes and substaunces, whyche are lyke in qualitee to the naturall humour, whych than reigneth moste in the bodye. These excrementes be none other, but matter su-

Excrementes.

superfluous, and vnsauerye, whyche by natu-
rall powers may not be conuerted into fleashe,
but remaynyng in the bodye, corrupte the mem-
bers, and therefore nature abhorrynge theym,
desyreth to haue theym expelled. These excre-
mentes be three in number, Ordure, vryne, hu-
moure superfluous. Moreouer, there bee two
sortes of ordure, that is to saye, one dygested,
whyche passeth by syege, the other vndygested,
whyche is expelled by vomytte. Where I saye
dygested, I meane, that it is passed the sto-
macke, and tourned into an other figure. Like-
wyse I cal that vndygested, whyche styl retey-
neth the fygure of meate. Vryne is the watry
substaunce of the bloude, lyke as whaye is of
mylke, whyche oute of the meate that is altered
and concocte or boyled in the stomacke, is strayn-
ed in the veines called Misaraycę, which pro-
cedeth from the holowe parte of my lyuer, and
sente by the reynes into the bladder, passeth by
the instrument, the whyche is ordeyned as wel
to that purpose, as for generacyon. Humoure
superfluous is in the threesortes, eyther myxte
wyth any of the foure humours, called natu-
rall, or els it is gathered into the brayne, or it
is betweene the skynnesse and the fleshe, or lyeth
among the synewes, Muscules, or ioinctes. Of
humours some are more grosse and colde, some
are subtyll and hotte, and are called vapours.
Now for to expel tyse saide excrementes are ix.
sundryel kyndes of euacuacion, that is to saye,
abstinence, vomit, purgacion by siege, letting of
bloud, scarifyinge called cuppynge, sweatynge,

Ordure dygested.

Vryne.

Humor superfluous.

prouo-

prouocacion of vrine, spyttyng, bleedynge at the nose, or by hemorroides. And in wome, their naturall purgacions. Of these euacuacions I wil briefly declare, with the commodites, which by the discrete vse of thē do happen vnto the body.

Of abstinence. Cap. 3.

Cor. cel. Lib. 2. Hip. aphor. li. 7

ABstynence is a forbearyng to receyue anye meate or drynke. For if it be but in part, it is than called rather temperance than abstynence. It ought to be vsed only after repleciō, as the proper remedy therfore. And than if it be moderate, it consumeth superfluytees, and in consumynge them, it clarifieth the humours, maketh the bodye fayre coloured, and not onelye keepeth oute sycknesse, but also where sickenesse is entred, nothing more helpeth yf it be vsed in season. To them, which haue very moyste bodies, hunger is right expedient, for it maketh them more dye, not withstandynge there ought to be considerations, in the meat before eaten, in the age of the person, in the tyme of the yere, and in custome. For in the meat before eaten, yf it be much in excesse, or very grosse or not muche exceadynge, or lyght of digestion, and according therunto, would abstinence more or lesse be proportioned, Concernyng age: Hyppocrates sayth, olde men may sustayne fastynge easily: next vnto thē, men of myddell age, yonge men may worse beare it, chyldren wurste of all, specyally they that be lusty, not withstandynge here galene correcteth Hippocro. sayyng, that he should haue excepted men verye olde, who, as

Consyderacyōs in abstinēce.

Aph. ij. 1.

Galen. in commen.

expe-

experyence declareth, must eate often and lyttel. As touchyng tyme, it must be remembred, that in wynter and spryng time, the stomakes be naturally very hotte, and slepe is longe, and therfore in that tyme meates woulde be more abundant, and although much be eaten, it wyl be soner digested. Wherfore abstinence would not be than so muche as in sommer, all be it to absteine muche in sommer, excepte it be after replecyon, Damascene sayeth, it dryeth the body it maketh the colour salow, it ingendreth melancoly, and hurteth the syght. Moreouer, custome may not be forgotten, for they which are vsed from chyld hode, to eate sondrye meales in the daye, would rather bee reduced to fewer meales, and lyttell meate, than to be compelled to absteyne vtterly to the intent that nature, whych is made by custome, be not rebuked, and the power dygestyue therby debilitate. And note wel, that by to muche abstinence, the moisture of the body is withdrawen: and consequently the bodye dryeth, and waxeth leane, natural heate, by wythdrawyng of moysture is to muche incended, & not finding humour to worke in, turneth his violēce to the radycall or substancyall moysture of the bodye, and exhaustyng that humour, bringeth the body into a consumpcyon. Wherfore Hippo. sayth, that to scarse and exquysyte an order in meate and drynke, is for the more parte more daungerous than that, whiche is more abundant. Contrawyse moderacyon in abstynence, accordynge to the sayde consideracyons, is to healthy a sure bulwarke.

Damascenus, Apho.

Apho. Lib. 2.

Of

¶ Of Vomyte. Cap. 4.

Aetius Lib. 1

THe meate or drinke superfluous or corrupted in ỹ stomake, is best expelled by vomit, yf it be not very greuous to him which is diseased. Also ỹ moderate vse of it, purgeth flemme, lyghteth the head, causeth that the excesse of meates or drynckes, shall not annoy or bryng syckenesse. Moreouer it amendeth the affectes of the raynes, bladder, and the foundemēt, It also helpeth agaynst lepries, cankers, goutes, dropsies, and also diuers sikneses procedyng of the stomake. For if any griefe hapneth of the heade, vomyte is than vncommodyous. It is better in winter thā in sommer. Also good for them, which are replete, or very cholerike, yf they haue not well dygested, but it is yll for them that be leane, or haue weake stomakes. And therfore where one feeleth bitter vapours rysyng out of hys stomacke, wyth griefe and weyghtyneese, in the ouer partes of hys bodye, let hym renne foorth wyth to this remedy. It is also good for hym that is hert burned, and hath muche spyttel, or hys stomake wambleth, and for hym that remeueth into sundry places. Yet I counsayle sayth Celsus, hym that wil be in helth, and wouldе not be to sone aged, that he vse not thys dayly. And my selfe haue knowen men, whych dayly vsyng it, haue brought therby their stomakes into such custome, that what soeuer they dyd eat, they could not long retayne it, wherby they shortē theyr lyues. Wherfore it would not be vsed, but onely where great surfet,

Cor. cel. Li. 1.

ſet, or abundãce of fleume do require it. He that wyl vomyte after meate, let hym drynke ſondry drynkes myxte together, and laſt of all, warme water, or yf that be to eaſye, let hym mixe therwyth ſalte or hony. If he wyl vomyte faſtyng, let hym drinke water and hony ſodden together or Iſope wyth it, or eate of a radyſhe roote, and drinke warme water vpõ it. Alſo water wherin radyſhe is boyled, and afterwarde prouoke himſelfe to it. Them that wyll haue more vyolente purgaciõs, I remit to phyſiciõs learned. But yet I do eſtſones warne them, that therin they be circumſpect, and do not muche vſe it. Moreouer in vomytes, ỹ matter brought forth, ſhold be conſidered, accordyng to the rules of Hyppocrates, in hys ſecond booke of prognoſticacyons, that is to ſay, yf it be myxt wyth fleume & choler, it is moſte profytable, yf it be not in very great quantytee, nor thicke, the leſſe myxture it hath, the worſe it is. If it be grene, lyke to leke blades, thynne or blacke, it is to be iudged yll. If it haue all colours, it is extreme perylous. If it be leady coloured, and ſauoureth horribly, it ſygnyfieth a ſhort abolycyon, or diſſolucyon of nature. For as Galene affyrmeth there in hys comment, ſuche maner of vomyte declareth corrupcyon wyth extinctyng of nature. Alſo euery putryfied and ſtinkyng ſauour in vomyte is ill. Theſe thynges be ryght neceſſary to bee looked for, where one doeth vomyte wythout any dyfficultee: but to enforce one to vomyte, whyche can not, is very odyous and to be abhorred.

Hippoc. prognoſtic. 2. Cap. 7

Galen. de locis affectis. li. 1

Of

Of purgacions by siege. Cap. v.

Cel. li. 1. Aetius. Lib. 3.

If the head be heauy, or the eyen dimme, or if there be payne felte of the colyke, or in the lower parte of the bealy, or in the hyppes, or some cholerike matter or fleume in the stomake. Also if the breth be hardly fetched, if the bealy of him selfe sendeth forthe nothyng, or if beynge costiue, one feeleth yll sauour or bitternesse in his mouth, or that whych he maketh, hath an horryble sauour, or yf abstinence doo not, at the first put away the feuer, or if the strength of the body may not sustayne lettyng of bloud, or els the time therfore conuenyent is paste, or if one haue dronke muche before hys sickenesse, or if he which of tentimes vnconstreigned, hath had great sieges, bee soodaincly stopped: In al these cases, and where it is peinfull to vomitte, and in gnawynge or frettynges of the stomake, fynallye in all replecyons, where a man can not or wyll not be let bloud or vomit, it is expedyent to prouoke siege by purgacions, whych are recepued by two waies: Upward at the foundemente by suppositoryes or clisters. Downward at the mouth, by pocyons, electuaryes, or pylles. Suppositoryes are vsed, where the pacyent is weake, and may not receiue anye other purgacyons. Somtyme for as muche as the strayte gutte is stopped with excrementes, whych are drye and harde, somtime where ther needeth none other purgacion, specyally in burnyng feuers, whereof the matter ascendeth into the head, than clisters may do no harme, & by the be-

benefite of suppositories, excremētis ar brought forthe wythout any annoyaunce. And oftentymes it bryngeth forth that, whiche clisters may not. Suppositoryes are made sometime wyth honye onelye, sodden, rolled on a bourde, and made rounde, smaller at one ende, than at the other, and of the lengthe and greateneſſe, accordyng to the quātytee of the body that taketh it. Sometyme there is myxte wyth the hony, saite dryed, or saite pepper, or the pouder of suche thynges, as do eyther pourge the humour, whiche offendeth, or dyssolueth grosse wyndes, or other matter, they be sometime made with rosin, pytch, waxe, or gummes, sometime of rootes, or the leaues of Mercury greene, very smal bruised. Also with fygges or raysons, the stones taken out, or of whyte sope, made in the figure aforesayd, and beynge made in the fourme aforesayd, they must be put vp in at the foundement, to the greate ende, and the pacient must keepe it there the space of halfe an houre, or more.

¶ Clysters are made of licour somtyme simple, as water sodden, mylke, oyle, or wyne, somtime myxte, as water and oyle together, or decoctions, as wher herbes, rootes, fruictes, seedes, or gūmes, hauyng propertye to make soft, dissolue drawe forthe, or expell matter that greueth, be boyled, and the lycour therof, sometime warme, somtyme hotte, is receyued at the foundemente into the body by a lyttel pype of golde, or syluer, yuore, or wodde, therefore ordeyned and called a clyster pipe. This is necessary, where the stomacke is weake, and may not susteine the wor-

kyng of medicines receyued at the mouthe, alfs in feuers colickes, and other dyseases in the bowels, gryefe in the raines of the backe or huckle bone, ventofityes in the bealye, inflamacyon or exulceracyon in the guttes or bladder. It is a conuenyent & sure medicine, and least hurt doth ensue of it. The makyng and ordrynge thereof, I wyl omyt to wryte in thys place, partly that I would not, that phisicions shoulde to muche note in me presumpcion, partlye that an other place may be more apt to that purpose.

¶ The particuler commodites of euery purgation. Cap. 5.

In potions, electuaryes, and pylles, ought to be much more obseruacion, than in clysters, or suppositories, forasmuch as these do enter no further than into the gutte, where the ordure lyeth, & by that place onely, bryngeth forth the matter which causeth disease. But thother entryng in that waye, that meates and drinkes do, commeth into the stomacke, and ther is boyled, and sente into the places of digestion, and afterward is mixt with the iuyce, whereof the substaunce of the body is made, and expellynge the aduersarye humoures, somewhat thereof doubtlesse remayneth in the bodye. Wherefore menne haue nede to beware, what medycynes they receyue, that in theym be no venenofitee, malice, or corruption, lest for the expellynge of a superfluous humor, which perchance good diet, or some brothes made of good herbes, or the said eua-

euacuacion, with ſuppoſitory or cliſter, mought bryng forthe at leyſure, by deſyryng of two haſtye remedy, they receiue in medicine, that whiche ſhal ingender a venemous humoure, and vneuytable deſtruction into all the bodye. And therfore happye is he, whyche in ſyckeneſſe findeth a dyſcrete and wel learned phyſycyon, and ſo true a pothycarye, that hath alwaye drugges vncorrupted, and whom the phyſicio may ſurelye truſte, to dyſpence hys thynges trueiye.

But nowe to retourne to the fayde fourme of purgacyon, I wyll nowe ſet forthe ſome counſayles, concernyng that matter, whych I haue collected out of the chiefe authors of phyſycke. Bodyes hotte and moyſte, may eaſilye ſuſteyne pourgacyon by the ſtoole. They whych be leane or thinne, hauynge the members tender, maye take harme by pourgacyons. To men that are choleryke, and theym that eate lyttell, pourgacyons are greuous. In yonge chyldren and old men, it is daungerous to looſe muche the beaiye. To theym that are not wonte to it, pourgacyon is noyfull. He that lyueth in a good order of dyete, needeth neyther purgacion nor vomyte. After that the pourgacyon hath wrought thirſtyneſſe and ſounde ſlepe be ſygnes that the body is ſuffycyently pourged. By dayly takyng of medycynes, Nature is corrupted. When ye wyll pourge any thynge, make fyrſt the matter flowyng and ſoluble. Medicine to purge ought not to be myngled wyth meate, but to bee taken foure houres at the leaſte before meales, or thre houres after meales, except certayne eaſye Hippo. apho.

pylles made to clense and comfort the stomacke, whyche woulde be taken at the begynnynge of supper, or after supper, a lyttell before that one goeth to bedde, makyng a lyght supper or none. After purgacyon taken, the pacyent should rest and not walk, vntil the medicine hath wrought nor eate nor drynke in the meane space. These thyngs haue I remembred, because I haue knowen ryght good physycyons, to haue forgotten to instruct therof their pacientes. Now wyl I sette forthe the table of suche thynges, whyche of theyr propertee doo dygest or pourge, superfluous humours, particularly, which I haue gathered out of the bookes of Dioscorydes, Galene, Paulus Aegineta, Oribasius, & Aetius, and other late wryters: not wythstandynge, I haue not wrytten al, forasmuch as there be dyuers thynges, wherunto we haue not yet founden anynames in englyshe.

¶ Digestiues of choler.

¶ Endiue.
Lettise.
Cykorye.
Scabyose.
Maydenheare.
Malowes.
Mercurye,
The iuice of pomegranades.
Pourselane.
Poppy.
Barberyes.
Roses.
Violets the leafe and flowre.
Sorel.
Lyuerwoort.
Sorel de boyse.
Whay clarifyed.
The foure great colde sedes, that is to say, of gourdes, cucumbers, melones, and citruls,
Psilium.

Ayne-

Vyneger.
Saunders.
Barley water.
Prunes.
Tamaryndes.

¶ Pourgers of choler.

Wylde hoppes.
Wormewood.
Centorie.
Fumytorie.
Whay of butter.
Violettes.
Mercurie.
Prunes.
Juyce of Roses.
Eupatorie.
Tamarindes, halfe an ounce in a decoction.
Manna. vi. drammes at the leaste, and so to xvb. in the brothe of a henne or capon.
Reubarbarū bytt selfe from two drammes, vnto foure, infused or stiped in lycoure, from iiii. drāmes vnto. viii

Digestiues of fleume.

¶ Fenell.
Perselye, the rootes,
Smallage.
Capers.
Lawrell.
Sinuy.
Puly.
Maioram.
Pentroyall,
Wylde parsnyp seede,
Mynt.
Pympernel.
Horemint.
Gladen.
Agrimony.
Calamynt.
Nep.
Betayne.
Sauge.
Radyshe,
Mugwoort.
Juniper.
Hysope.
Pyonie.
Baulme.
Hony.
Gynger.
Squilla.
Aristolochia.
Cynamome.
Pepper.
Cumine.

¶ Pour-

¶ Pourgers of fleume.

¶ Centory.
Fetell.
Agrimonie.
Alder.
Polypodiū of the oke
Mirabolam kebuli in
fused frō halfe an oūce
to an ounce, and twoo
drāmes. In substance
from twoo drammes,
to halfe an ounce.
agaricus, frō a drāme
to two drammes, infu
sed from. ii, drammes
to fiue.
Pyeos,
Maydenheare.
Sticados.

☞ Pourgers of melancholy.

☞ The broathe of
coleworztes, lyghte
boyled.
Baulme mynte.
Sticados.
Tyme.
Seene, boyled in
white wyne, or in
the broathe of a
henne.
Lased sauerye.
Exthimus
Unwrought sylke.
Organum.
Calamint.
Borage
Hartes tongue.
Quickbeme.
Maydenheare
Wythwynde.
Pulyall mount=
tayne.
Hony.
Sugar.

¶ Melancholy for the thynnesse and subtilnesse of the humour, nedeth no dygestyue.

¶ They whyche wyl take sharpe purgacions, or compounde wyth dyuers thynges let theim take the counsaile of an honest and perfecte phy=sicion, and not aduenture to myxte thynges to=gyther, wythout knowynge the temperature of theim

them in degrees, and that he can proporcyon them to the body that shall receiue them in simples, as they be wrytten. And so he may vse thē wythout peryll, agaynste the humours, where vnto they serue.

Lettyng of bloud. Cap. 6.

The parte of euacuacyon by lettynge of bloud, is incysiō or cutting of the veine, whereby the bloud, whyche is cause of sickneſſe or greſe to the hole body, or any particuler part therof, doth moſt aptly paſſe. The commoditees wherof, beyng in a moderat quantitee, and in a due tyme taken, be theſe that folowe, it claryfieth the wytte, and maketh good memorye, it clenſeth the bladder, it dryeth the brayne, it warmeth the marowe, beynge in the bones, it openeth the hearyng, it ſtoppeth teares or droppynges of the eyen, it taketh away lothſomneſſe, and confyrmeth the ſtomacke, it norysheth that, whyche is proper to nature, and the contrary expelleth. It is thought, that thereby lyfe is prolonged, and the matter makyng ſickneſſe ſhortely conſumed. Wherefore lettynge of bloud is not onely expendyent for them, whych are full of bloudde, or haue aboundaunce of ſtrengthe, but alſo for them, in whome wythout plenytude, called fulneſſe, inflammacyons begynne to be in their bodyes, or by ſome outeward ſtroake, the bloudde beynge gathered wyth, by collection thereof, doo feele grefe or dyſeaſe. Alſo where there is muche payne feite,

arnoldus de villa noua.

Oribaſius in medicine cōpendio.

or debylytee of some member, wherof is supposed to be ingēdred some greuous disease. Moreouer they, whyche vse excesse of meates and drynkes, may be cured by lettynge of bloud.

But those, whych be temperate, keppnge good dyete, be holpen wythout letting of bloud, as by fricasies, vsyng of bathes, exercise, walkynge, and rydyng moderately. Also vnctions wyth oyles and oynctementes, called Diaphoretice, whych by euaporacyon do shortly euacuate the fulnesse. Albeit, yf the fulnesse be of melancholy bloud, than alwaye needes muste be lettynge of bloud. Abounddaunce of melancolye bloude is knowen by these signes. There is felt in the entrayles, or wythin the boulke of a man or woman, a weyghtynesse with tension or thrustyng outward, and al that parte, whych is aboue the nauel, is more heauy than it was wonted to be. Also much vryne and fattie, the residence or botome, thycke, troublous, and fatte, sometyme blacke poulses or boyles, with inflamacion and muche peyne. These must be shortly let bloude, and then melancholy humour also purge by syege. They, whyche haue crude or rawe humoures, must be warelye let bloud, before that sickenesse ingender, but hauyng the feuer, in no wyse. Concernyng lettyng of bloud, these thynges folowyng, would be had in contynuall remembrance, and be afore thoughte on. In abundance of the bloud, the qualytee and quantytee, the greatenesse of the sickenesse, and if it be present, or loked for, Also the dyete precedyng, the age and strength of the person, the naturall fourme of

Aetius. Lib. 3.

hys

hys body, the tyme of the yere, the regiō or coū-trey, the preſēt ſtate of the ayre, the diſuſe of ac-cuſtomed exercyſe, the ceaſſyng of euacuacyons vſed before. In qualitee conſyder, of what hu-mour the fuines proceedeth. In quātitee the a-bundance of that, whyche is to be pourged. In ſickneſſe, if it be daungerous or tollerable, if the ſickneſſe be preſent, it requireth the more dyly-gence: if it be loked for, it may be the better pro-porcyoned. In dyete, the cuſtome in eatyng and drynkyng, muſt be ſpecially noted. In yonge mē and women, iettyuge of bloud wouide be more lyberall. In olde men and yonge chyldren, it wouide be ſcarſer, ſtrong men may ſuſteine ble-dyng, they whych are feble, maye not endure it: Large bodyes haue greater veſſelles, than they whych be lytell. Leane men haue more bloud, corporate men haue more fleſh. The tyme of the yere muſt be ſpecially marked. For in the begin nyng of ſpryng tyme it is beſt iettyng of bloud, as Dribaſius ſayth, and ſo doth cōtynew, after the opinyon of Arnold, vnto the eyght calendes of June. Aetius affirmeth, that in winter, or in a cold countrey or where the perſon is of a very colde nature, the veynes ſhoulde not be opened. And Damaſcene ſayth. They whyche in youth haue vſed to be much let bloude, after they bee three ſcore yeres old, their nature waxeth cold, and natural heat is in them ſuffocate, ſpecyally yf they were of a colde complexion, but that is to be vnderſtand, where they that are in health, are often let bloud. For in the lapſe from heith, and in dyuers dyſeaſes, wherein the bloude is

Driba. lup. Ar-noldus. De vtili noua de flobotho-mia. Io. Damaſ. in ar. med

corrupted, or wher it ingendreth impostbumes or resorteth to any place, where it oughte not to be, or passeth by any other conduite, then nature hath ordeyned, or where it is furyous or inflamed, or by anye other meanes bredeth grenous dyseases, in all these cases it ought to be practysed, ye sometyme in aged prrsons, women with child, and yong infantes. For in extreme necessytee, it were better experyēce some remedy, thā to doe nothyng. All other thynges concernyng this matter, pertayne to the part curatiue, whiche treateth of healyng of syckenesse, whereof I wyl not nowe speake, but remytte the reders to the counsayle of dyscrete physytions.

¶ Of scarysyng, called boryng or cuppynge. Cap. 7.

Galenus.

For as much as it is conuenyente, to be let bloud oftētymes in the yere, because much of the bytal spiryt passeth forth with the bloud, whych beyng exhaust, ye body waxeth colde, and naturall operacyons become the more feble, I therfore doe counsayle (sayth Galene) that the base partes of the body, as the legges, be scarysied, whych is the most sure remedye, as wel in conservyng heith, as in repayryng eyther of, beynge decayed. For it cureth the eyen beyng annoyed with long distillacions. It profyteth also the heade, and ouer parte of the body, agaynst sondry dyseases. In what mēber the bloud is gathered, the bodye beynge fyrste purged by scarysicatiō, the griefe may be cured

Aetius, Lib. 3

All

Also Oribasius affirmeth the same, & also addeth therto, that it helpeth squinances, or quinces in the throte, and dyssolueth the cõstipaciõs or stoppynges made of all places, yf the places be scarifyed, notwythstandyng applycacyon of boxes aboute the stomacke, in hot feuers, where reason is troubled, are to be eschued, for feare of suffocaciõ. Likewise put to the head vndiscretely, it hurteth both the head & the eyes. The late authors do affirme, that scarifyng is in ỹ stede of letting bloud, where for age, debilitee, or time of the yere, or other lyke consyderacyon, a man maye not susteyne bloud lettynge, and it bryngeth forth the thynne bloude, whyche is nexte to the skynne. Oribasius in medicine compẽdio Aetius.

¶ Of bloud suckers or leaches. Cap. 8.

There is also another fourme of cuacuacyon by wormes, found in waters called bloue suckers or leaches, whych beynge put vnto ỹ body or mẽbre, do draw out bloud. And their drawing is more conueniẽt for fulnesse of bloud, than scarifyng is, for as muche as they fetch bloud more deper, & is more of the substance of bloude, yet the opynyon of some men is, that they doe drawe no bloud but that whych is corrupted, and not proporcionable vnto our body. And therfore in griefes, which happen betwene the skynne and the flesshe of bloude corrupted, these are more conuenyent thẽ scarifynge. But therfore that they be put vnto anye parte of the bodye, they muste be firste kepte all one Oribasius in medicine compendio.

one day before, geuyng vnto them a lyttel blood in freshe flesshe. And than put them in cleane water, somewhat warmed, and with a spounge wype away the slyme, whyche is about them, and than laye a lyttell bloude on the place greued, and put them than to it, and laye on them a spounge, that whan they be full, they may fall away, or yf ye wyll sooner haue them of, put a horse heare betweene their mouthes, and the place, and drawe them awaye, or put to theyr mouthes salte or asshes, or vyneger, and forthwyth they shal fall, and than washe the place wyth a spounge, and if ther do issue much bloud lay on the place the pouder of a spoūge, and pytche burned, or lynnen clothe burned, or gaules burned, or the herbe called Bursa pastoris, bruysed. And thys sufficeth concernyng bloud suckers.

¶ Of Hemoroides or Pyles. Cap. 9.

Hemoroides be veines in the fūdemēt, of whō do happē sondry passions, somtime swellig without bleding, somtime superfluous bloud, by the puissaunce of nature, is by them expelled, and than bee they very conuenyent, for by them a man shal escape many great sycknesses, whyche be ingendred of corrupted bloud, or of melancholy. Semblably, yf they be hastyly stopped from ỹ course, whych they haue been vsed to, thereby doe increase the sayd sycknesses, whych by them were expelled as dropsyes, consumpcyons, madnesse, fran-

syes

ties, and dyuers dyseases of the head, and other sickenesses, paleneſſe of the viſage, gricke in the raynes of the backe, and thies. And if they flow to much, there inſueth feblenes, leanneſſe of the body, alteracion of coloure, greate peynes in the lower partes of the bodye. And yf the fluxe be vnmoderat, it ingēdreth myſcheuous dyseases. Wherfore it ſhoulde be diligently taken heede, that they renne in meaſure, or els to vſe ſome thynges moderatly, which may reſtraine them. ¶ Concernyng other euacuacions, I do purpoſely omitte to wryte them in this place, for as much as in thys realme, it hath been accompted not honeſt, to declare them in the vulgare tongue, but onely ſecretely.

Of affectes of the mynde. Cap. 10.

The laſt of thynges called not natural, is not the leaſt parte to be conſydered, the whych is of affectes and paſſions of the mynd. For if they be immoderate, they doo not onely annoye the bodye and ſhorten the lyfe, but alſo they do appaire, and ſomtyme loſe vtterly a mans eſtimacyō. And that much more is, they bryng a man from the vſe of reaſon, and ſomtime in the diſpleaſure of almyghtye God. Wherfore they do not onely require the helpe of phyſycke corporall, but alſo the counſayle of a man wyſe and well lerned in moral philoſophy. Wherfore after that I haue recited, what they be, I wyl breefely declare ſuche counſayles, as I haue gathered. And as concernyng remedies

of

of phisicke, sauynge a fewe symples, whych doe comforte the heate and spirytes, the residue I wyll remytte to the counsayle of physicions, like as I haue dooen in euacuacon. Affectes of the mynde whereby the body is anoyed, & do bringe in sycknesse, be these, Ire or wrath, heuynesse or sorowe, gladnesse, or reioysyng.

¶ Of Ire. Cap. xi.

IRe is kēdled in the hert, inordinatly chasing the spirites there, & than is sēt forth into the membres, & doth superfluously heate them, & disturbeth reasō, wher the bodyes be hotte afore, where natural heat is feble, the heate may not be dysperssed vnto the extreme partes, and than doeth the extreme membres, that is to saye, whyche are farre from the heart, remayne colde and tremblynge. Of thys affection commeth somtume feuers, sometime apoplexies, or priuacyon of sensles, tremblynge, palseys, madnesse, fransyes, deformytee of vysage, and that worse is, outragyous swearyng, blasphemye, desire of vengeaunce, losse of charytee, amytee, credence, also forgetfulnesse of benefite precedynge, and of obedyence, dutye, and reuerence. These also dooe succede, contencion, chargeable suyte, vnquyetnesse of mynde, lacke of appetite, lacke of slepe, feble digestion, scorne, dysdayne, and hatred of other, wyth peryll of losyng of all good reputacion. These incommodytees of Ire, perfectly had in remēbrance, and at the fyrst incyon thereof on theym thoughte

on

on, may happen to bryngе in hys kelowes, and
therеby the flame may bee quenched, or let hym
that is angrye, euen at the firſt conſyder one of
theſe thynges, that lyke as he is a man, ſo is al-
ſo the other, with whom he is angry, and ther-
fore it is as lefull for the other to be angrye, as
vnto hym, and yf he ſo be, than ſhall that anger
be to hym dyſpleaſaunt, and ſtyre hym more to
be angry. Whereby it appeareth, that Ire is to
hym lothſome. If the other be paciente, than let
hym abhorre that thynge in hym ſelfe, the lacke
wherof, in the other contenteth him, and aſſwa
geth hys malice. Moreouer, let him before, that
occaſyon of Ire doeth happen, accuſtome hym
ſelfe to beholde and marke wel them that be an-
grye, wyth the ſucceſſe of that anger, and rumy-
nate it in hys mynde, a good ſpace after. And in
that time, let him remember, howe Chryſt, the
ſonne of God, and God, (who (as he hym ſelfe
ſayd) mought haue had of God his father, yf he
wouldе haue aſked them, legyons of aungelles,
to haue defēded him, ye with leſſe than a wynke
mought haue ſlaine all hys aduerſaryes, yet he
notwythſtandyng, rebuked, ſcorned, falſelye ac-
cuſed, plucked hither and thither, ſtriped, boun-
den wyth halters, whypped, ſpytte on, buffeted
crowned with ſharpe thorne, laded with a heuy
pyece of tymber, his owne proper tourment ha-
led, and dryuen forth lyke a calfe to the ſlaugh-
ter houſe, ſekeſones beaten and ouerthrowen,
retched forth wyth ropes, armes & legges laied
on the croſſe, and there vnto wyth longe yron
nayles through the hādes and feete nailed with

many

many strokes of hammers with many prickynges, or euer the nayles myght perce by hys tender and most blessed fleashe and synewes, quyte throughe the harde tymber, vp to the heades of the nayles, and al this beyng doen for the offēce of mankynde, and not hys: yet wyth the men, whych dyd it, hys most vnkynde countreymen, hys most vnnatural kynsemen, whome he fyrst made of nothynge, preserued by myracles, delyuered from perylles, and cured of dyseases, in all hys vexacion and trouble, he was neuer seen or perceyued angry. If one wyll say, that anger is natural, let hym also consyder that in Chrystes manhoode were all natural powers. If he wyll saye, that yre is taken of courage, and in Chryst it lacked not, whome both aungels and dyuels trembled and feared. The premisses often reuolued, and borne in the mynde, I wyll not saye, shall vtterlye extynct all mocyons of wrathe, whych is not possyble, but it shal whan it kendleth lyghtlye represse it, & let that it shal not growe into flame. And in speakyng here of wrathe, I do not meane that, whych good men haue against vyces: or wyse and discrete gouernoures and maysters, agaynst the defaultes or negligences of their subiectes or seruauntes, vsed in rebukyng them, or moderately punishyng them. For that is not properlye yre, but rather to bee called displeasure, and is that whereof God speaketh by hys prophete Dauid, saiynge, Be you angry and doo not synne. And that maner of anger hath been in diuers holy men, prophetes and other. And it appeared in Chryste,

Psalm. 4
Gen. 31,
Exo. 32.
Leui. 10.
Mark. 11

wha.

whan he drane out thē, whych made their mar-
ket in the holy tempel of god, where ther ought
to be nothyng but prayer. And in likewise whē
he rebuked the hypocrites. But if none of these
thinges may come so shortly to his remembrāce
that is meeued wyth anger, at the least let hym
thinke on the lesson, that Appollodorus the phi-
losophier, taught to the Emperoure Octauian,
that before he spake or do any thynge in anger,
he do recite in order, al the letters of ỳ. A. B. C
and remoue somwhat out of the place that he is
in, and seeke occasyon to be otherwise occupied.
This shal for this tyme suffise, for the remedies
of yre. And he that wil know more of this mat-
ter, let hym read in my worke called the gouer-
nour, where I therof do write more abundātly

¶ Of dolour or heynesse of mynde Cap. 12.

There is nothing more enemy to life, thē
sorow, called also heuines, for it exhau-
steth both naturall heate and moysture
of the body, and doth extenuate or make
the body leane, dulleth the wytte, and darkneth
the spyrytes, letteth the vse and iudgement of
reason, and oppresseth memory. And Salomon Pro. 17.
saith: That sorow drieth vp the bones. And al- and. 25
so lyke as the mothe in the garmente, and the
woorme in the tree, so doth heuinesse annoy the Eccl. 27.
heart of a man. Also in the booke called Eccle- and. 38.
siasticus. Sorow hath kylled manye, and in it
selfe is found no commodytee. Also by heuinesse

death is hastened, it hydeth vertue or strengthe, and heauynes of hert bowyth downe the necke. This is so puyssaunt an enemye to nature and bodyly healthe, that to resyst the malyce and violence therof, are requyred remedyes, as well of the holsome counsayles found in holy scripture, and in the bookes of morall doctrine, as also of certayne herbes, fruictes, and spyces, hauynge the properties to expell melancholyke humours, and to comforte and keepe lyuely the spiryts, whych haue their proper habytacion in the hert of man, and moderate nourysshynge of the naturall heat and humour, called radycal, whyche is the base or foundacyon, whereupon the lyfe of man standeth, and that faylynge, lyfe falleth in ruine, and the body is dyssolued. Now fyrste I wyl declare some remedyes agaynst sorowfulnesse of heart, concernyng necessarye counsayle.

¶ Sometyme this affect happeneth of ingratitude, eyther where for benefyte, or speciall loue employed, one receyueth damage, or is abandoned in hys necessitee, or is deceiued of him, whō he trusted, or fyndeth hym, of whome he hathe great expectacion, forgetful or neclygent in hys commsdytee, or perceyueth the person, whome of longe tyme he hathe loued, to bee estraunged from hym, or to haue one of later acquayntance in more estymacion. This affection nippeth the hert, ye of moste wyse men, for they loue moste hertily, not prouoked by carnall affection, but rather by good opinyō, ingendred by simplitude of honest studies, and vertuous maners of long tyme mutually experyenced. And it is not only

vnto

vnto man greuous, but also vnto god most vnpleasaunt and odyous, as it is aboundantly declared in scripture. Wherfore the person, which feleth hym selfe touched with this effect, before that it groweth into a passyon, and waxeth a sykenesse, let hym cal to remembrance these artycles folowynge, or at the leaste wayes some of them. For eurycho of them may ease hym, though perchaunce they can not forthwyth perfectly cure hym.

¶ Consyder, that the corrupcyon of mans nature is not so muche declared in anye thynge as in ingratytude, wherby a man is made woorse, than dyuers brute beastes. The lyttell ante or emote helpeth vp hys felowe, whom he seeth ouerthrowen with burdein, or by other occasion. Also whan olyphantes do passe ouer any greate water, the greatest and moste puyssant of them deuyde them selues, and settyng the weakest in the myddell parte, go before, tryng the depenes and perylles, parte come after, succourynge the weakest or leaste, wyth their longe noses, whan they see them in danger. The same beastes haue been seene not only bryng men oute of desertes, whych haue lost their wayes, but also renuynge the dyspleasures doen to them, the whych gaue them meate, as one that slew hym, whyche had commytted aduoutry wyth hys maysters wife. Then terryble Lyons & Panthers, haue bene seene in their maner, to render thankes to their benefactours, ye and to obiecte their owne bodyes and iyues for their defence. The same we may dayly beholde in oure owne dogges.

Counsayles agaist ingratytude.

Appianus in varia hystorya.

Than in whom thou fyndest the detestable vyce of Ingratytude, reputynge hym amonge the wooꝛst soꝛtes of creatures, thinke not that thou haste loste a frend, but thinke that thou arte delyuered from a monster of nature, that deuoured thy loue, and that thou art nowe at lybertee, and hast wonne experyence to chose the a better. But if this may not suffice, than eftsoones consyder, that yf thou looke well on thy selfe, perchaunce thou mayest find the faute wherof thou complaynest, within thyne owne bosome. Cal to thy remembraunce, yf thou hast alwaye rendered vnto euery manne condygne thankes oꝛ benefite, of whome thou haste kyndnesse receyued oꝛ yf thou hast alway remembred, euerye one of them, that haue doen to the any commodytee oꝛ pleasure. Thou shalt well perceyue, that what thyng thou receiuedst in chyldehoode, thou forgattest oꝛ yddest lyttel estime, whan thou cammest to the state of man. And what thou yddest, remember in youthe, in age, thou yddeste lyttel thynke on: thy nourryces pappe, hyꝛ rockynges, watchynges, thou haste not alway remembred, oꝛ equally recompensed. The schole maysters studye, hys labour, hys dylygence in a lyke degree, thou hast not required. What greater frendes haste thou had, of whome thou couldest receyue anye greatter benefytes, than thy nourysshyng and preseruynge of thy lyfe, in thy moste feblenesse, thyne erudycyon, wherby thy nature was made moꝛe excellent. Remembryng this, leaue to be angry oꝛ soꝛowful foꝛ so cõmon a vyce, yet if it ceasse not to greue thee, conferre

Gene. de benefi. 7

the

the ingratitude that doth vexe the, with that ingratitude, which was shewed by the Israelites whom god chose for his owne people, delyuered from seruage, shewed from them wonders, preserued them forty yeres in deserte, destroyed for them kynges, gaue to them the countrey, which flowed mylke and hony, defended them agaynst all outward hostilytee, sent vnto them suche abundaunce of ryches, that siluer was in Hierusalem, as stones in the strete, had hys tabernacle and afterwarde hys moste holy temple amonge them, whych he dyd dayly visite wyth his diuine maiestye, made theyr kynges to reigne gloriously, and spake, wyth their Prophetes familiarely, and corrected their errours most gentilly, and yet for all this, they imbracyng the paynyms Idolatrye, they lefte so gracyous and louyng a lord, and liuyng God, and to hys greate despyte, gaue dyuyne honors to calfes of brasse, and other monstruous Images, and at the laste put to moste cruel death, the onely sonne of God, that had doen so much for them.

☞ And yf we christen men do loke wel on our selues, reuoluynge the incomparable benefyte, whyche we haue receyued by Christes passion, and consider the circumstaunce of hys moste excellent pacyence, and most feruent loue towarde vs, wyth our forgetfulnes, and the daily breach of our promesse, whyche we made at oure baptisme, confertyng our mutuall vnkindnes therevnto, there shal appere no ingratytude, ỹ should offende vs. Fynally for a conclusyon, behold well aboute thee, and thou shalte all daye fynde

the chyldren ingrate to their parentes, and wyues to their husbandes. And wylte thou looke that thy benefyte, or vayne expectacyon, should make the more free frō ingratitude of thy frend whom chaunce hath sent thee, than nature may the parentes toward their chyldren, or the coniunction of bodyes by lefull maryage, take vnkyndnesse from the wynes toward the husbandes. This vyce therfore of ingratytude, beyng so common a chaunce, make no worldye frendshyp so precyous, that lyfe or healthe therefore should be spente or consumed. I haue been the lenger in thys place, because I haue had in this gryefe sufficyent experyence.

Death of Chyldren.

¶ Ikdeath of Chyldren because of thy heauynesse, call to thy remembrance some chyldren (of whom there is no lyttel nounber) whose lyues eyther for vncorrygyble vyces, or infortunate chaunces, haue bene more greeuous vnto theyr parentes, than the death of thy chyldren oughte to be vnto thee, consyderynge that death is the dyscharge of all gryefes and mysseryes, and to them that dye well, the fyrst entrye into lyfe euerlastynge.

Losse of goodes.

☞ The losse of goodes or auctorytee do gryeue none but fooles, which do not marke dilygently that like as neyther the one nor the other doeth alway happen to them that are worthy, so wee haue in daylye experyence, that they fall from hym sodeynly, who in increasing or kepyng them seemeth moste buysye.

Lacke of promocyō

¶ Oftentymes the repulse from promocyon is cause of dyscomforte. But than consyder, whyther

ther in the opynyon of good men, that are demed
worthy to haue suche aduancement, or in thyne
owne expectacyon and fantasye. If good men so
iudge thee, thanke thou god of that felycytee, &
laugh at the blyndnesse of them, that so haue re-
fused thee. If it procede of thine owne foly, ab-
horre all arrogance, and inforce thy selfe to bee
aduanced in mens estymacyon, before thou cāst
fynde thy selfe worthy in thy proper opinyon.
¶ All other chaunces of fortune, esteeme as no-
thyng, and that long before they doe happen. Chaūces
The ofte recordynge of mysery, prepareth the of fortune
mynde to feele lesse aduersitee. And the cōtempt
of fortune, is sure quyetnesse, and most perfite
felycytee.
¶ Thys now shal suffice concernyng remedies
of morall philosophy. Now wyl I write some-
what touchynge counsayle of physike, as in re-
leyeuyng the body, whych either by the sayd occa
sions, or by the hinnour of melācoly, is brought
out of temper.
¶ The first counsayle is, that durynge the tyme
of that passyon, eschew to be angrye, studyous,
or solytarye, and reioyce thee wyth melodye, or
els be alway in suche compaygnye, as best maye
content thee.
¶ Auoyde all thynges that be noyous in syght,
smellyng and hearynge, and imbrace all thynge
that is delectable.
¶ Flee darknesse, muche watch, and busines
of mynde, muche compaygnynge wyth women.
the vse of thynges very hot and drye, often pur-
gacyons, unmoderate exercise, thyrst, much ab-

frynence, drye wyndes and colde,
Abstaine from dayly eatyng of much olde byefe or olde mutton, hard cheefe, harefleshe, borez fleshe, venyson, saltfyshe, coolewortes, beanes, and peason, very courfe bread, greate fyshes of the fea, as thurlepole, porpise, and sturgeon, and other of lyke natures, wyne redde and thycke, meates beyng very falte or sowre, olde, burned, or fryed, garlyke, onyons, and leckes.

Use meates, whych are temperately hot, and therwyth somwhat moyste, boyled, rather than rosted, lyghte of dygestyon, & ingendrynge bloud clere and fyne. As mylke hotte from the udder, or at the least new mylked, rucn chese, swete almondes, the yelkes of rere egges, littel byrds of the bushes, chickens and hennes. Wyne whyte or claret, clere and fragrãt. Swete sauours, in wynter hot, in soummer colde, in the meane time temperate.

Confortatyues of the heart hotte.
Bourage the floure or leafe.
Bugiosse
Baulmeanynte.
Elicampane.
Cloues.
Cardamomum
Rosemary.
Lignum aloswes.
Muske
Ambergryse.
Saffron.
The bone of the heart of a rodde deere.
Wyntes.
The rinde of Citron.
Beene.
Bububes.
Basyll.

¶ Confortatyues of the hert colde.

Violettes.
Perles.
Coxall.

The

The vnycornes horne
Olde appulles wyych be good.
Roſes.
Saunders.
The Olyphantes toothe.
Water lylyes.
Coryander prepared.
Confortatyues temperate.
Jacincte.
Saphire.
Emeraudes.
Myrabolanes, called kebuli.
Bugloſſe.
Golde, ſpiuer.

¶ Of Joye.

JOy or gladneſſe of hearte doeth prolonge the lyfe, it faeteth the body that is leane wyth troubles, bytynge the humours to an equall temperaunce, and drawynge naturall heate outewarde. But yf it be ſodayne and feruent, it oftentymes ſleeth, for as muche as it draweth to ſodainly and exceſſiuelye naturall heate outwarde. And therfore dyuerſe men and women haue been ſeene to fall in a ſounde, whan they haue ſodaynlye beholde the perſons, whome they feruentlye loued.

¶ A woman in Rome, hearynge hyrſt, that hyr ſonne was ſlayne in battayle. After whan he came to hyr, ſhe ſeeynge hym alyue, imbracynge eche other, ſhe dyed in hys armes. Thys well conſydered, agaynſt ſuche inordynate gladneſſe, the beſte preſcruatyue is to remember, that the extreme partes of mundayne ioye is ſorow and heauyneſſe. And that nothynge of thys worlde, maye ſo muche reioyce vs, but occaſyon maye cauſe it to be dyſpleaſaunt vnto vs. T. Liuius

The

The domynyon of sondry complexcyons. Cap. 13.

IT semeth to mee not inconuenyent, that I doe declare as well the counsayles of auncient and approued authors, as also myne owne opynyon, gathered by dylygente markynge in dayly experyence, concernynge as well the necessary dyete of euery complexcion, age, and declynacyon of health, as also the meane to resyst the dyscrasyes of the body before sickenesse ber therein confirmed, leauyng the residue vnto the substancyall learnynge and circumspect practise of good physycyons, why eye shal the more easilye cure their pacyentes, yf they pacyentes do not dysdayne to beare awaye and folowe my counsayle.

☞ And first it ought to be considered that none of the .viii. cōplexcions haue soolely suche domynyon in one man or womans body, that no part of any other complexcion is therwith mixt. For when we call a mā sanguine, colerike, or fleumatike or melācoly, we do not meane, that he hath bloud only wythout any of the other humours, or choler wythout bloud, or fleume wythoute bloud or melancholye, or melancholy wythoute bloud or choler. And therfore the man, whyche is sanguine, the more that he drayweth into age, wherby natural moysture decayeth, the more is he cholerike, by reason that heate surmounting moysture, needes must remayne heate & drythe. Semblablye the cholerike man, the more that he

he waxeth into age, the more naturall heate in hym is abated, and drythe surmountynge natu-rall moysture he becommeth melancholyke, but some sanguyne man hathe in the proporcyon of temperatures, a greatter mixture with choler, thā an other hathe. Lykewyse the cholericke or fleumatike man wyth the humour of sanguine or melancholy. And therefore late practisers of physike are wont to call men, accordyng to the mixture of their complexcyons, as sāguyne to-leryke, fleumatyke sanguyne. &c. Moreouer, be-side the naturall complexcyons, whych man re-ceyueth in his generacyō, the humours, wherof the same complexcyons do consyst, beynge aug-mented superfluously in the body or mēbers by any of the sayd thynges called not natural, eue-ry of them do semblably augment the complex-cyon, whyche is proper vnto hym, and bryngeth vnequal temperature vnto the bodye. And for these causes, the sanguyne or fleumatike man or woman, feelyng any dyscrasie by choler happe-to them by the sayde thynges, called not Natu-rall, they shal vse the dyete described hereafter to hym, which is naturally cholerike. Sembla-blye the cholerike or melancholyke man or wo-man, haupnge anye dyscrasye by fleume to vse the dyete of hym whyche is naturallye fleuma-tyke, alwaye remembrynge, that sanguyne and fleumatike men haue more respect vnto drythe, cholerike and melancholye vnto moysture, and that alwaye as the accidentall complexcyon de-cayeth, to resorte by littel and lyttel to the dyete pertaynyng to hys natural complexcyon.

The

¶ The tymes appropryed to euery natural humour. Cap. 14.

BUt fyrst it must be considered, that whet the foure humours be alway in man, and in some man commonly one humoure is more abundant than another naturally, that is to say, from hys generacyon. The sayde humours haue also peculiare tymes assigned to euery one of them, wherin eche of them is in his most power and force, as after insueth, after the descrypcyon of Sorranus.

Sorranus Ephesius

¶ Fleume hath most puissance in winter, from the. viii. Id us of November, vnto the. viii. Idus of February, wherby are ingēdred Catarres or reumes, the vuula, the coughe, and the stytche. This humour is parte in the head, part in the stomake. It hath dominion from the. iii. houre of nyghte, vntyl the nynthe houre of the same nyght.

¶ Blod increaseth in sprynge tyme from the viii. Id us of February, vnto the. viii. Idus of Maye, wherof are ingendred feuers, and swete humours, whych do shortly putryfy, the power of thys humour is about the hert, and hathe domynyon from the nynth houre of nyght, vntyll the thyrd houre of the morrynge.

¶ Red choler hathe power in Sommer from the. vi. Idus of may, vntyl the. viii. Idus of August, wherby are ingendred hotte and sharpe feuers, this humoure is specyallye in the lyuer, and hathe domynyon from the thyrde houre of day, vntyl the. ix. houre of the same day.

Yelow

ycloſwe choler, ſwherof is ingendred the fluxme of the ſtomake, is norysshed in Autumne, ſwhich beginneth the. viii. Idus of Auguſte, and dureth vnto the. viii. daye of Nouember, and maketh shakyng feuers and sharpe, the blacke choler that increaſeth, and than foloweth thicknes of the bloud in the veines. Blacke choler or melancholy moſte rayneth in the ſpleene, and it rayneth from the. ix. houre of day, vntyl the thyrde houre of nyghte.

Peculiar remedyes agaynſt the dyſtemperaunce of euery humour.

IF the dyſtemperaunce be of bloude, helpe it with things cold, sharpe and dry, for bloud is moiſt, hot, & ſweete. If it be of red choler, geue thynges cold, moiſt, & ſweete, for red choler is bytter and fyrye. If it be of blacke choler, geue thynges hot moyſte and ſweet, for blacke choler is sharpe and colde. If the dyſeaſe be of ſalte fleume, geue thynges ſweet hotte and dry, thus ſayeth Horanus. Notwythſtãding wher there is aboundance of colde fleume not myxte wyth choler, there thynges verye sharpe and hotte be moſte conuenyent, as tarte vyneger wyth hotte roſes and ſeedes or wynes, ſtronge & rough horye beynge ſodden in the one and the other, or where choler is myxte wyth fleume, ſyrope acetoſe made wyth vyneger and ſugar boyled, ſometyme wyth herbes, rootes, or ſeedes, whyche maye dyſſolue fleume and dygeſt it. Horanus in arte medendi.

¶ Dyete

Diete of them, whych are of sanguine complexcyon. Cap. 15.

For as muche as in sanguyne men blood moste reigneth, which is soone corrupted it shalbe necessary for them which are of that complexciō, to be circumspect in eatyng meate, ỹ shortly wil receyue putrifaction, as the more part of fruites, specially not beyng perfectly ripe, also meates that be of yll iuice, as flesshe of beastes to olde or to yonge, bodders of beastes, braynes, except of capons and chickens marowe of the backbone, muche vse of onyons, leekes, garlyke, muche vse of olde figges, much vse of rawe herbes, and al thyng wherin is excesse of heate, colde, or moysture, meates that be stale, fyshes of the fennes or muddy waters, and to muche slepe, as experyence sheweth.

Diete of cholerike persons. Cap, 16.

To thē which be colerike, beinge in theyr natural temperature, and hauynge not frō their youth vsed the contrary, grosse meates moderately taken, be more conuenient, than the meates that be fine, and better shall they dygeste a pyece of good byefe, than a chyckens legge. Choler of hys propertee rather burnynge than wel dygestyng meates of lyghte substaunce, notwythstandyng some gentylmen whych be nycely brought vp in their infansye, maye not so well susteyne that diete as poore men, beyng the more parte vsed to grosse meates,

tes. Wherfore their diet muſt be in a temperance, as yong beefe, olde beale, mutton, and venyſon powdred, yonge geeſe, and ſuch like, concernyng their complexyon wyth meates like therunto in qualytee and degree, accordyng to the counſayle of Hippocrates. And as he perceiueth choler to abounde, ſo to interlace meates whiche be colde in a moderate quantitee, and to alaye their wyne more or leſſe wyth water, eſchewyng hotte ſpyces, hotte wynes, and exceſſiue labour, whereby the body maye be much chauked. Alſo he maye eate oftener in the day than anye other, forſeen, that there be ſuch diſtance betwene his meales as the meate before eaten be fully digeſted, whiche in ſome perſon is more, in ſome leſſe, accordyng to the heate and ſtrength of his ſtomacke, notyng alwaye, that the cholerike perſon dygeſteth more meate than hys appetite deſireth, the melancholyke perſon deſyreth by falſe appetyte more than hys ſtomacke maye dygeſt. And to a cholerike perſon it is rygh: daungerous, to vſe longe abſtynence: for choler, fyndyng nothynge in the ſtomacke to concocte, it fareth than, as where a lyttel potage or mylke, beyng in a veſſel ouer a great fyre, it is bourned to the veſſell, and vnſauery fumes and vapours do yſſue oute therof, Lykewyſe in a cholerike ſtomake, by abſtynence, theſe inconuenyences doe happen, humours aduſte, conſumyng of natural moyſture, fumoſytees and ſtynkyng vapours, aſcendynge vp to the heade, wherof is engendred duſkynge of the eyes, hed aches, hotte and thinne reumes after, eueryc lyttell ſurfet, and manye other in-

noyfull, whyche are verye colde, byscous or slymye, latte or soone putryfied, eatyng muche and often, specyallye meates ingendrynge fleume, whych be remembred in the table precedyng. All thynges be good, whych are hotte and drye, also meates and drynckes whyche be sowre, onyons also, and garlyke moderately vsed, be verye commendable, in pure fleume not myxte wyth choler, muche vsynge of salte, specyallye dryed. Pepper grosse beaten, & eaten with meat, ought to be wyth all flcumatike persons familiar, also gynger is ryght conuenient, but not to be so frequently vsed as pepper, for asmuche as the nature of pepper is, that beynge eaten, it passeth through the body, heatyng and comfortynge the stomake, not entryng into the veynes, or anoyyng the lyuer, whyche vertue is not in gynger. Gynger condyte, the whych we doo call greene gynger, specyally conded wyth sugar, if it maye be gotten, and also Myrabolanes called kebuly condite in India, be most excellent remedyes agaynste fleume, also the herbes, whyche are remembred afore in the table of digestiues of fleme, and the rootes of persely, fenell, yreos, Elicampane, and carrettes be very commendable. Exercyse twise in a day, the stomakes being almost emptye, so that sweat beginne to appere, is verye expedyent, clensyng of the body from all fylthynesse, wyth rubbynge and wyppyng, oftentymes wyth washynge, specyally the head and partes there about, moderate sweatynge in hot bathes or stues, be to this complexyon necessarye, specyallye whan they haue eaten and dronken ex-

ceslyue-

ceſſyuely. The head and feete to bee kepte from cold, and to dwell hyghe and farre from mooꝛes and marſhes, is a rule ryghte neceſſarye. alſo to abſtain from eatyng herbes and rootes not boyled, and generally from all meates whyche wyl not be eaſyly dygeſted.

The deuyſion of melancoly, and the dyet of perſons melancolyke. Cap. 18.

Melācoly is of two ſoꝛtes, thone is called natural, which is only cold & dꝛye, the other is called aduſt oꝛ burned. Natural melācoly is (as Galen ſayth) the reſidēce oꝛ dꝛegges of the bloud, and therfoꝛe is colder and thicker than the bloud. Melancholy aduſt is in foure kyndes, eyther it is of natural melancoly aduſt, oꝛ of the moꝛe pure part of the bloud aduſt, oꝛ of choler aduſt, oꝛ of ſaite fleume aduſt. But of al other, that melancoly is woꝛſt, whych is engendꝛed of choler, fynally all aduſte melancoly annoyeth the wytte and iudgment of man. Foꝛ whā that humour is hotte, it maketh men mad, and whan it is extinct, it maketh men fooled, foꝛgetful and dull. The naturall melancolye kept in hys temperance, pꝛofiteth much to true iudgement of the wytte, but yf it bee to thycke, it darkneth the ſpirytes, maketh one tymoꝛous, and the wytte dull: If it be mixt wyth fleume, it moꝛtyfyeth the bloud wyth to muche colde, wherfoꝛe it may not be ſo lyttell, that the bloud and ſpirites in theyꝛ feruentnes, be as it were vnbꝛydeled, wherof doe happen vnſtableneſſe of wytte, and ſlypper remembꝛāce, noꝛ yet ſo much, that by the weight therof (foꝛ it is hea

Ex martilio ficino de vita ſana.

uyt approchyng nygh to the erth) that we seme to be alway in slepe, and nede a spurre to pricke vs forward. Wherfore it is right expedyent, to kepe that humour as thynne as nature wyl suffer it, and not to haue to much of it. But now we to the dyete pertaining to them, whom this humour annoyeth. The knowlage that melancoly reygneth, is oftentymes, heuynesse of mynd, or feare wythout cause, sleppynesse in the membres many crampes wythout repletion or emptines, sodein fury, or sodeyn incontinency of the tōg, much solycitude of wyght thynges, with playnesse of the vysage, and fearfull dreames of terryble vysions, dreampng of darknesse, depe pyttes, or death of frendes or acquaintance, and of al thynge that is blacke. The meates conuenyent are they, whych be temperately in heat, but specyally they that be moyst meates soone digested, and they rather boyled than rosted, temperately myxt wyth spices, myke hotte from the vdder, or late mylked, is very conuenyente for that complexion, swete almondes blanched, and almond mylke, the yelkes of rere egges, and fynally all thynges, whyche ingender pure bloud, and all that is written in the chapter of age. Al these be yll for them. Wine thicke or troublous specially red wyne, meates hard, dry, very salte or sowre, burned meate, fried meat, much bieke, hares flesshe, beanes, roket, colewortes, musterd radysshe, garlyke, except there be much wynd in the bodye, for than it is verye holsome, onyons, lekes, finally all thynges whych heateth to muche, keeleth to muche, or dryeth to muche, also

wrathe, feare, compassion, sorowe, much studye or care, muche ydelnesse or reste, all thynge that is greuous to see, to smel, or to heare, but moste specyally darkenes. Moreouer much dryng of the body, eyther wyth long watch, or with muche care and tossyng of the mynd, or wyth much lechery, or much eatyng and drinkyng of thynges that be hot and dry, or immoderate euacuacion, labour, abstinence, thirst, goyng in the ayre vntemperately hot, colde, or dry, all these thynges do annoy them that be greued with any melancoly. It is to be dylygently considered, that where melancolye happeneth of choler adust, there meates whych be hot in worckyng. would be wysely tempred, and drinkyng of hot wynes would be eschewed, semblable cautele would be in sauours. Notwythstanding moderate vse of smal wynes, clere and well vernured, is herein very commendable, the humour thereby beynge clarified, and the spyrytes clensed, but the abuse or excesse thereof, doeth as muche damage.

Also it is ryght expedyent, to put into wyne or ale, a gadde of syluer or gold, glowyng hot oute of the fire, to temper hot meates with roses, violettes, saunders, rose water, borage, bugloss, bauline called in latine Melissa, or the watar of all thre drōken with good wine, white or claret or made in a iulep with suger, is wōderful holsom, chewyng of lykorys, or raysōs of corance, is right eryedyēt, but most of al other thynges, mirth, good cōpany, gladnes, moderate exercise, with moderat fedīg. And thus I leaue to speke of dyets, aptly belongyng to the. iiii. cōplexiōs.

THE FOVRTH BOOKE.

¶ What crudite is, and remedyes therfore. Cap. primo.



VVYL SOMVVHAT write of two dyscrasyes of the body, whyche do happen by the excesse or lacke of thynges called not naturall, whereof I haue spoken before. The one is called crudytee, the other lassytude whyche although they bee woordes made of latyne, haupnge none apte englyshe word therfore, yet by the dyffynicions and more ample declaracyon of them, they shall be vnderstand sufficyently, and from henseforth vsed for englyshe. But fyrst it shalbe necessary to consyder that concoction is an altcracyon in the stomake of meates and drynckes, accordyng to theyr qualytees, wherby they are made lyke to the substance of the body. Crudyte is a vicyous concoction of thyngs receyued, they not beyng holely or perfectly altered. The cause therof is, sometime the dissemperature of the stomake, sometime inflammacions, somtime matter congeled, or imposthumes in the stomacke, otherwhyle ingurgytacyō of meate and drinke, or for the vicious qualitee of the same meates or drinkes, or the receiuing therof out of order, or lacke of

Cōcoction what it is.

Crudyte what it is.

the cause of crudite

of exercyse, or of conuenyent euacuacyon. Galen sayth, that in crudytee or vicyous concoction it must be consydered, as wel if the iuyce be vtterly corrupted, and may not be sufficiētly concocte, as also yf it bee in the waye of concoction, for if it be corrupted, it must be expelled by swet or vryne, yf it be halfe concoct, than muste suche thynges be mynystred, as maye helpe to profyte concoction, hauyng regard to the qualytee and temperaunce of the iuyce, that is to saye, whether it be thycke or thinne, fleumatike or choleryke: whych shalbe percepued by the dyete precedynge, and also by other t hynges named not natural. For fleumatike meates eaten in great quantytee or often, maketh fleumatyke iuyce. Lykewyse doth lacke of conuenient exercise, to much rest or ydelnesse, as cholerike meates and vehement labours doe make choleryke iuyce in sommer, and melancholyke iuyce in Autumne, specyally where labours be contynual or longe durynge. Also where labour is wyth much sweate, there is the vryne more grosse, where it is without sweate, ther is it thinnner. Moreouer the colour and substaunce of the vryne declareth the temperance of the iuyce, whych shal be hereafter declared in the table of vrynes.

Semblablye the coloure of the bodye declareth the iuyce that is in it, for beynge whyter than it was woont to be, it sygnyfyeth abundaunce of fleume, beyng more pale or yelow, it betokeneth excesse of choler, if it be blacker, it signifieth melancoly, if the yll iuyce be much in quantitee and the bloud lyttel, the yll iuyce would be dygested

and expelled wyth suche thynges as do serue for that temperature, but if the blud be muche, and the yll iuyce litte in quantitee, there would the vayne be opened, and after sufficient bledyng, a conuenyent purgacyon geuen, haunge regarde as well of the quantytee of the iuyce, as of the kynd therof, in case that eyther for age or for timorousnesse, a man wyll not be let bloude, than must he be pourged by siege in more abundance: But yf he in whom is lyttel good bloudde, and much yll iuyce, and feeleth a lassitude or wearynesse in all hys body, he should neither bee lette bloud, nor receiue purgacion, nor yet laboure or walke muche, but abyde in much quyet, and assayc to sleepe, muche, and receyue suche meates drynkes and medycynes, whych doth extenuyte or make thinne, cutte, and dygest grosse humors without vehement heate, wherof it is writtē in the table of dygestyues, in the number of whom is oxymel, beynge well made, or Acetosus symplex, where the iuyce is much choleryke or melancolike. Semblably, capers wyth oyle & vyneger be prayscd of Galene. Whan there appereth in the bryne a residence lyghte and whyte, than wyne whyte or claret moderately taken, helpeth the concoctiō, maketh a good iuyce, and prouoketh bryne, than increase frycacyons and exercyse by lyttell and lyttell, and than let hym retourne to hys natural dyete. In whome is a boundaunce of rawe iuyce, and outwardlye feleth a lassytude, to them Galene counsaylleth, the second or thyrd day to geue Meath, wherin Isope is boyled, and afterwarde to vomyte.

Galen sū, liber. 6.

The

The meane to escape cruditee, is to be dylygent in obseruacyon of the councels before wrytten, concernyng the thynges called not naturall, not muche vsyng meates that be very harde to concocte, also fatte meate, and meates longe kepte, also corrupted or stynkyng, swete fruyctes, and banketryng dyshes, hasty fedyng wythout good chewyng, also muche or very ofte drynkynge at meales, very muche heate, or very muche colde after meate.

¶ Furthermore it must be consydered, that all thynges which bringeth greke to the body, is ingendred eyther of to much abundance of iuyce, or of the vicious qualitee therof: He ỹ is sycke of abundance, the diet of him wholly consysteth in reducing the iuyce to a cõuenyent quantytee. He that is grieued with the vicious qualytee of the iuyces, his order resteth in makyng the iuyces equall in temperature. Moreouer, where that whych passeth out of the body, is lesse then that whych is receiued into the body, ther happeneth sycknesse, whyche commeth of aboundaunce. In the whych case it ought to be dylygently foresene, that there be obserued a conuenyent meane of meates and drynkes, in respecte of that whych is expelled out of the body, whyche may be doen yf the quantitee of eche of them be wisely considered. And where abundance is, there the quãtitee or qualitee, or both be tẽpred. Alway remember, that of crude iuyce be diuers kyndes, some bee colde and flcumatyke, some be hotte and cholerike, other be more thin and watry, some of blacke choler or melancolyke. They

whych do abound in ape of them must absteyne from such meates and drynkes, whych doe ingender suche iuyce as doeth annoye them: those meates and drinkes be declared in tables precedyng. Aetius also would that he should drinke a draught of cold water, affirming, that therby the stomake beynge corroborate, driueth oute of hym downe into the bealye, that whych cleueth fast to it. I my selfe vsing to drynke fasting, very small byere or ale, whan I haue bene in that case, haue founde ease by it. Paulus Aegineta willeth, that at the beginninge, the legges & armes shuld be rubbed with a course lynnen cloth the legges downward to the feete, the armes to the toppes of the fyngers, & whan they be well chafed, than to rubbe them agayne wyth some oyle, that doeth open the pores, and discusse the vapors, as oyle of camomyll, oyle of anete, and other lyke, he prayseth much Mulse, or the water of hony, spectally if some Isope be boyled in it. Galen, and al other do agree, that in thys case pepper bruised and eaten with meat, is very expedyēt: And where there is much wynd in the stomake, than to eate all tymes of the day of the medicine made of the thre kinds of pepper, time anysseede, and hony claryfyed, whyche is called dyatrion piperon, or that whych is called dyaspoliticon, or dyappyganon, whyche is made of cummine stieped one day and a nyght, or lenger in tart vineger, and after fryed or layd on a burning hot stone, and made in powder, also pepper and rue dryed somwhat, and made into poulder all in equal porcyons, and myxt wyth claryfied hony,

Aetius sermone. 9.

hony, Galen addeth therto salte peter, called in latine Nicrum. The confection made wyth the iuyce of quinces, and is called Diacytoniten, is very excellent. But it is to be dyligently noted, that where cruditee is in a cholerike persō, ther would the sayd medicines be temperately vsed, and the sayde diacitonyten, to haue lyttel or no spices in it. And for my part, beyng of a colerike humour mixt with fleume, many yeres cōtinually in cruditee, I neuer found any thyng better then fine Reubarbe chewed wyth raisōs or corens, whych I toke by the counsayle of the worshypful and wel learned physicion, mayster doctour Augustine, who in hys mancrs declareth the gentilnesse of his auncient blood, which medicine I do not leaue to vse dayly fastyng, whē I fele some crudytye to begyn. Also sirope acetose, that is to saye, sugar sodden in pure vyneger, and lyttel water, vntyl it be thicke as a syrope, is sometyme conuenyent, and that as well to choleryke persons, as vnto fleumatyke: and yf fleume be abundaunt than wyth rootes and seedes of fenell and perselye sodden wyth it. Also in that case Oxymell, that is to saye, honye and water sodden together, wyth the sayde rootes and seedes, and a quantytee of vyneger put therto in the boylyng, is very commēdable. If the pacyēt be very costiue, than the medycyne of Galene, called Hierapicra, from halfe an ounce to an ownce, taken in water of honye or ale, or taken in pylles the weyghte of a grote, and a halfe, or two grotes, yf the stuffe be good, wyll pourge the body sufficyently, wythout making

the

the body weaker. Also that medycyne by clensyng the stomacke and bodye, delyuereth a man and woman, from many perylous sickenesses. If the humours in the stomake be not putryfied, but that it is greeued with abundaunce of salte fleume, I haue found that mylke new mylked, wherin is put a quantytee of good honye or suger, and three leaues of good speare myntes, and a lyttel boyled, so beyng dronke warme fastyng, the quantytee of a pynte, and restynge on it, without eatyng or drinkyng any other thing the space of thre houres after, haue abundantly pourged and comforted the stomake, but where there is no fleume, but onelye choler, it is not so holsome, but rather hurteth, makynge fumosyters in the head, whereof commeth heade ache.

¶ Of dystyllacyons called commonlye reumes. and of some remedyes agaynst them ryght necessary. ca. 2.

For asmuche as at this present tyme in thys realme of England, there is not any one more annoyaunce to the helth of mans body, than dystyllacyons from the head called reumes, I wyl not let to wryte somwhat of them, whereby men maye take benefyte yf they wyll, although some physycyons, more consyderynge theyr market, than their duitee to god and their countrey, wyll be neuer so much offended wyth myne honest enterpryse.

¶ Dystyllacyon is a droppynge downe of a lyquyde matter out of the head, and fallyng either into

into the mouthe, or into the nosethrilles, or into the eies, and somtime into the chekes and eares that whych falleth into the mouthe, is receyued of the throte into that part, which is the instrument of the voyce, whyche at the fyrste maketh hoarsenesse, and in processe of tyme maketh the voyce lyttel, and vnneth to be heard. And if the reume be sharpe, it raseth ỹ inner skinne of the throte, and somtime it dooth exulcerate the lunges. If it doeth fall into the stomake, the reume beyng cold, it altereth the body into a colde dystemperance, if it be hot, it maketh a hot distemperature, and dooth somtyme exulcerate in processe of tyme: And at the beginnyng abateth appetyte, and maketh feble concoction. The colde reume, maketh concoction slow, and also crudytee, and ingendreth sowre fumes in the mouth. If it be corrupted, it tourneth also norysshment vnto corrupcyon, whych maketh vnpleasaunt fumysh or sharpe, or of some yll qualitee, which cannot be expressed. If the matter do discēd lower, it tormenteth the guttes called ieiunū and colon, and toucheth other vessels, from whence procedeth digestion. In this discrasie. ii. things are to be prouided for, first to let that the reume doe not dystyl into the sayd places, or if it hathe dooen, that it be shortly expelled from thence.

First to let that it shal not dystyll, it shalbe necessary to eate some meate the soner in the mornyng, yf there hath not proceded replecyon.

Where the temperature of all the bodye is colerike, & the stomake is weake, ỹ stomake wolde be made stronge wyth such thynges as of theyr pro-

properteehoe comefoꝛte the ſtomacke, foꝛſeene that they be moderately colde and moyſte: And that whych is alreadye fallen into the ſtomake, muſt be expelled with vomite oꝛ ſiege, prouoked wyth wormewoode ſteyped all one daye and a nyght in a lyttel ſmal whyte wyne, oꝛ ſmall ale and ſtale, whych hath vertue onely to wype away the fylth from the ſtomake, but if it be ſucked deepe into the fylthes of the ſtomake, than is it better to take the medicine called Hieraptera, either in pouder with dꝛike warmed, oꝛ els in pylles, to the number of .v. oꝛ mo in the moꝛning. vi. houres befoꝛe any other meat oꝛ dꝛinke taken, after warde to noynte the mouthe of the ſtomake wyth oyle of Maſtike oꝛ Nardinum temperately warme. Alway if a hotte reume do fal into a hotte ſtomake, then meates and dꝛynkes whych be colde in vertue would onelye bee vſed, where the ſtomake is dyſtempered wyth heate, and the reume diſtilleth into a cold head, there is the diſcraſie hard to be cured: And they whych be ſo affect oꝛ dyſeaſed, muſte take ſuche thynges as maye dyſſolue the fleume, & cleanſe the ſtomake wythoute heatynge thereof, of the whyche vertue we know Oximel to be of.

¶ If the ſtomake and head be bothe dyſtempered wyth cold, than muſt be vſed meates dꝛynkes and oyntementes, whyche onely be hotte, and vtterly to foꝛbeare all that is colde.

¶ By theſe diſtillacions oꝛ reumes happeneth manye other greuous dyſeaſes, beſydes thoſe whereof I haue ſpoken, as in the head whirlynges, called in latine Vertigines, ſodeyne ſoundynges

dynges, fallyng sickenesse, poses, stinkyng of the nose, called Polipus, sores in the mouth, toothache, pinne and webb in the eyes, dulnesse of heryng, quinces, fretting of the bowels, with flixes, shortnes of breth, grefe in the hert, palseies, ache in the muscules and joynctes, wherefore it is not to be neglected, And I do much meruail, that our phisicios do not more studiously prouyde therfore remedyes. I my selfe was by the space of foure yeres continually in thys dyscrasye, and was counsayled by dyuers physicyons to keepe my heade warme, and to vse Diatryon pyperyon, and suche other hotte thynges as I haue rehersed, at the last felyng my self very feble, and lackynge appetyte and slepe, as I happned to read the boke of Galen, de temperamentis, whych treateth De inequali temperatura, and afterward the. vi. boke. De tuenda sanitate, I percepued that I had bene longe in an errour. Wherfore fyrst I dyd throwe awaye my quilted cappe, and my other close bonettes, and onely dyd lye in a thinne coyfe, which I haue euer sens vsed bothe wynter and sommer, and were a lyght bonet of veluet onelye, than made I oxymel after the doctrine of Galene, sauynge that I boyled in the vyneger rootes of perselye and fenell, wyth endyue, cykorye, and betayne, and after that I had taken it three dayes continually, euery daye three spones ful in the morenyng warme, than toke I of the same oxymell, wherin I had infused & styeped one dramme of Agarike, and halfe a dramme of fine Reubarbe, the space of, iii. daies and. iii. nightes, whych I

re-

receyued in the mornyng, eatyng no meate fyre howres after, and that but a lyttell brothe of a boyled henne, wherof insued eight stooles abundante of choler and fleume, soone after I slepte soundelye, and had good appetyte to eate, after supper I would either eate a fewe colyãder sedes prepared, or swalowe downe a lyttell fyne mastix, and forbare wyne, and dranke only ale, and that but lyttel and stale, and also warmed. And somtyme in the mornyng wold take a parfume of Storax calamyta, and nowe and than I would put into my nosethrylis eyther a leafe of grene laurel, or betain, or water of maioram brayed, whych caused the humour to dystyl by my nosethryles. And if I lacked storax, I toke for a parfume the ryndes of olde rosemarye and burned them, and held my mouth ouer the fume cloasyng myne eyes, afterwarde to comforte my stomake and make it strong, somtyme I would eate with my meate a littel white pepper grosse brayed, sometyme Galens electuarye made of the iuyce of quinces, called Diacytonites, somtime marmalade of quinces, or a quince rosted. And by this dyete, I thanke almyghty god, vnto whom onelye be geuen all glorye, I was reduced into a better state in my stomake and hed, than I was. xvi. yeres before, as it may appere vnto them, whych haue long knowen me.

¶ And this haue I not written for vaineglory or of presumpcyon, but to the intente that they whych haue theyr bodyes in lyke temperature as myne was, that is to say, beyng choleryke of complexion, and hauyng reumes fallyng oute of

a hotte

a hotte head, may yf they lift assay mine experience, or in the stede of my sayd infusyon, take Hierapicra, wyth ale or water to pourge them, whereof shal not insue so muche peryll, as of corrupted syropes, and other confections called Magystrales, made wyth olde rotten drugges, though the physicyons be neuer so wel lerned. In bodyes of other temperature, I would not that myne experyēce shold be practysed but with discrecion, tempering the medicine, as the qualitees of the stomake and heade doe requyre, remembryng alway, that hot reumes be thinne and subtyl, colde reumes bee for the moste parte thycke. Also that they wyhych be thinne, would be made thicke, that they perce not so fast. And that they which be thicke, wold be made thinne that they may the soner be purged. Finally this dare I affirme, that the reumes, wyhych of late time haue bene more frequēt in this realme, thē they were wont to be. xl. yeres passed, haue happned of none occasion more than of banketting es after supper, & drinkyng muche, specyally wine a lyttel after slepe. Another thing is the keping the head to hotte or to long couered, wherby the brayne, wyhych is naturally colde, is distempred wyth hot vapors ascendyng from the stomake, those same vapours beynge let to euapozate or passe forth out of the head, and therefore be concrete or gathered into humour superfluo' wyhche stylleth downe ektsones out of the head into the places before rehersed, Yet now a dayes if a boy of. vii. yeres age, or a yong mā of. xx. yeres, haue not. ii. cappes on hys hed, he and his frendes

des wyll thynke that he may not contynewe in
health. And yet yf the inner cappe be not of vel-
uet or sartyne, a seruynge man feareth to loose
his credence. A parsō vycar or parysh preest, by
vsyng their veluet cappes embroudred with la-
ces, doe make some men thynke that they be a-
shamed of theyr crownes, that reuerende token
of the order of preesthoode, the whyche notable
abuse, I muche meruayle that the bysshops wyl
suffer, specyally they which haue had leysure to
reade the woorkes of sayncte Cipryane, sayncte
Hyerome, Chrysostomus, sayncte Ambrose, and
sundrye decrees made by the olde fathers, con-
cernyng the honest vesture of preests, which al-
though it seme a lyght matter to some men, yet
it augmenteth or mynysheth not a lyttel in pre-
stes, the estymacion of their condycions. Salo-
mon confirmyng the same, saiyng. The garmēt
the gate, and laughter of a man declareth what
he is. But this matter wyl I leaue to another
place, where I intend to speke more abundant-
ly of it, yf it be not the sooner amended. Nowe
to conclude, as longe as the sayd occasyons con-
tynewe, so longe men shal not be wythout reu-
mes, although they were all perfect physicions.

¶ By what tokens one maye knowe whether the stomake and head be hotte or colde.

NOw to returne to the remedies against
the sayd annoyāce, wherof hapneth so
many great sicknesses I wyl be bold to
wryte

wryte a lyttel out of the workes of the moſt famous and expert phyſycyons. Fyrſt the cauſe of the reume muſt be digeſted, after expulſed, thyrdly dyuerted, that is to ſay, tourned frō the eyen or throte, into the noſe, from whence it maye be more eaſily pourged. Forthlye it maye be ſtopped, that it ſhal not diſtyll. In hotte dyſtyllactons the head is very hotte in feelyng, the reume beyng in the mouthe is thynne and warme, the tōgue or cheekes wythin blyſtered, the face ſometyme redder, than it is accuſtomed to bee, ſometyme a burnyng wythin the noſe. To thē whiche haue this hotte reume, may be geuē the ſede of whyte poppy. Diacodyon made of the heades of whyte poppy and raine water. Amylum with mylke, if there be no feuer, penidees, malowes, orage, gourdes, and ſpynage, boyled and eaten wyth oyle of almondes, ſyrope of vyolettes, nenuphar, or the wine of ſweet pomegranats, the water of greate cucumber, boyled wyth a lyttel ſugar, beyng dronke, doth myttygate cholar, ſtoppeth the reume, and eaſily loſeth the bealye, the ſeedes of mylons brayed in a morter wyth water, and ſtrayned wyth ſofte bread, haupnge ſugar put to it, maketh an excellent good meat agaynſte the hot reumes, plaſters made of barley bruyſed, vyolettes, poppy, and camomyl boyled in water, wherein ſpounges or lynnen cloathes beyng depte, ſhould be layed on the heade, and the genitoryes or legges therwith waſhed. If the ſycke man can not ſleape, than the layde partes wyth the bealy and foundement ſhall be noynted with the oyles of vyolettes & Nenu-

phar, the sauour of camphar in rosewater with violettes is good in that case. Galene exhorteth and I haue proued, that in a verye hotte reume, whyche hathe stylled faste, the pourynge of colde water vppon ones heade hathe stynted the reume. He that is therein displeased must eschewe goeyng in the sonne, or to come nyghe a great fyre, or to stande or be long couered, or to weare muche on hys head, he must rest muche, and prouoke hym selfe to slepe a nyghte, but not very longe, and to lye on the one syde on a harde bedde, hauyng hys head hyghe, also rubbynge of hys legges before meales is verye holsome. Cold reumes be perceyued by coldnes of the humour and head with paleneſſe of the vysage, all colde thynges increasyng the reume. These thynges are good agaynst it, the decoction of cyces with hony and raysons, fylberde nuttes tosted eaten after meales, nothynge is more holesome then abstynence, specyally in the euenyng, they whyche haue it, must beware of Northern wyndes the mooneshyne by nyghte, washynge in colde water, and to bee longe barcheadded. The seedes of Nygella a lyttell tosted and put into a pyece of thynne sarcenet and smelled vnto, stoppeth the reumes.

¶ Neesynge in the begynnynge of the reume is dispraised of Galen, but after that the matter is dygested, it is very holsome, that maye be made with leaues of laurel or betein put into the nose thyrls, the iuyce of coleworttes, the rootes of red beetes, water of Maiorā A pretty medicine for that purpose proued. The iuyce of yonge beetes

and

and Maioram of euerych, one ounce, good white wine eyght ounces, saffron the weight of two pence, that beynge hette and taken in the mouthe, shal be drawen vp wyth breath to the place, wherby the dystillacyon falleth out of the nose into the mouthe. And if the reume doe dystyll into the cheekes and teeth, I haue proued, that the iuyce of groundc Iuie, and that herbe whych we cal Mouse eare, taken within a quil into the nosethyrlles, oftentymes purgeth excedyngly the reume, and taketh away the ache of the teeth.

¶ Gargarysynge, yf it be not discretelye vsed, may do more harme thā good, bring downe muche abundance of mattier vndigested, but taken in order wyth water, hony, and pepper, or wyth Isope and fygges boiled in white wine, and taken very hot in a gargarysc is eyght conuenīēt.

¶ For compassyon whych I haue of them that be vexed wyth toothe ache caused of reumes, I wyll by the leaue of physicyons conclude thys chapter with an excellent medycyne against the sayde passyon, whych is written of an honourable Physicion of late yeres, whyche medycyne also maketh teeth faste whyche bee loose, and also stoppeth the superfluous bleedyng of gummes, wherwyth the breath is made vnsauery. Take the ryndes of Caper rootes, the rootes of brembles, whyche doe beare blacke bearyes, the flowers of pomegranates called Balaustia, of euery of theim, the weyght of two ducates, pelytorye of Spayne one ducate, seede of wlyte henbane, the ryndes of mandrage, of euerye of

them one ducate and a halfe, spourge of the gardeyne one handful, alume of the rocke twoo ducates, boyle all thys in whyte wyne or clarette, whych is very rough in taste, and strayne it, therewyth let the pacyent oftentimes washe hys mouthe. Albeit I wyll counsayle theym, whych wyll take thys medycyne or anye other, syrste to pourge the cause of the reume, as before is rehearsed, or in anye otherwyse, as they shall be counsayled by well learned and discrete physycyons.

¶ Of lassytude. Cap. 3.

Lassitude is a disposicion toward sickness, wherin a man feeleth a sorenesse, a swelling or an inflammacion. Sorenes happeneth of humours sharpe and gnawynge, as after great exercyse and labours, whych lassitude happeneth to thē, whose bodyes are ful of yll iuice and excrementes. Also after cruditee in them whych are not exercysed, or do abyde long in the heate of the sonne. It maye also be in the bodyes, wherein is good iuyce, yf he be fatygate wyth immoderate exercyse. In them, which do feele this lassitude, the skin appereth thicke and rough, and there is felt a griefe sometyme in the skynne onelye, sometyme also in the fleash, as it were of a sore. The cure therof, is by much and pleasant rubbyng with swete oyles, which haue not the vertue to restrayne or close, & that wyth many handes, and afterward to exercise moderatelye, and to be bayned in water swete and

Aetius. lib. 3.

Galen de tuenda sanitate lib. 3.

temperate in heat, also than muſt be geuen meates of good iuyce, potage but ſeeld, wyne is not to be forboden. for vnto wyne vneth any thynge may be compared, that ſo well dygeſteth crude humours, it alſo prouoketh ſweate and vryne, and maketh one to ſleepe ſoundely. But yf this laſſytude do abyde the nyght and day folowyng, or waxeth more and more, than if the pacient be of good ſtrēgth and yong, and hath abundaunce of bloud, let him be let bloud, or prouoke the hemorroides or pipis to bleede, if they do appere. But yf it procede of the malyce of any humour, without abundaunce of bloude, than reſorte to purgacions, apt for the humour that greueth. The tokens wherof ſhal appere aſwel by the colour of the ſkynne and dyete preceding, as by vryne, ordure, ſweate, thirſt, and appetyte, as it is reherſed before in the complexiōs. If the il bloud be littel in quantitee, and the crude humours abundant, than ſhall he not be let bloude, nor behemently purged, neyther ſhal exercyſe or moue hym ſelfe, nor be bayned. For al exercyſe carieth humours throughout all the bodye, and ſtoppeth the powers. Wherefore theſe maner of perſons ſhold be kept in reſte, and ſuch meates drynkes and medycynes ſhould be geuen to them, whyche ſhould attenuate or dyſſolue the groſneſſe of the humors, wythout notable heate, as oxymel, barley water, and muſe, yf the pacyent abhorre not hony. And for as much as in the ſayde perſons commonly there is aboundance of wynde about their ſtomakes, therfore pepper, ſpecially long pepper, or whyte, is very conuenyent to be

vsed, and the medicine before written called diaspoliticum. When the humours are dyssolued than it is good to drinke whyte wyne, or smalle claret moderately.

Lassytude extensyue. Cap. 4.

When one thyncketh that he doeth feele a swellyng or bolling of the body, where in dede there doth not appere in sight or touchyng any swellynge, that is called lassitude extensyue, yf it happeth wythoute exercyse or vehement mouyng. This doeth happen of excessyue multytude of humours, whyche doe extend the muscules or fyllettes. In this no sorenesse is felte, but onely an heuynesse wyth extencyon or ehyullynge oute of the bodye. And because that there is abundance of bloud in the bodye, beste remedye is to be letten bloud about the elbowe or ancle, after to be pourged, than to vse softe frycasyes wyth oyles afore rehearsed, afterwarde much rest & temperate bathes, and meates lackyng sharpenes, and beyng abstersyue.

Lassytude wyth the felyng of inflammacyon. Cap. 5.

If wythout anye mouyng, the muscules and flesh ryse vp in the body, as it swelled, wyth greate peynes and exceadynge heate, than soone after foloweth moofte hotteft feuers, except it be prouented by lettyng

of

of bloude and that in abundance, and almoste to sownyng, but it were moze sure to be let bloud twyse in one day, the fyrst tyme wythout sownyng, at the next tyme sownyng is not to be fea red. If the gryefe be in the necke oz heade, the bloud must be let of the veyne called Cephalea, oz the sholder vein. If it be in the bulke oz vp= permoste part of the body, than must the veyne be cutte, whych is called Basilica, oz the inner= moste veyne. If all the bodye be greeued, than cut the veyne whych is named Mediana, oz the myddel veyne. If a feuer remayne after bloude lettyng, than ozder him with the diette of them that haue feuers, whyche ye shal fynd wzytten hereafter. If no feuer remayne, thā vse mode= rate fricasies, and littel eatynge, & that of mea= tes hauyng good iuyce, increasyng by litell and lyttel to the natural dyete.

Dyete of them that are ready to fall into syckenesse. Cap. 6.

NOw to returne eftsones to speake of diet it is to be remēbzed that they, which are redi to fal into diseases, thei are prepared thervnto, eyther by repleciō of superflu= ous humours, oz els by cruditee oz malice of hu mours which are in them. As touching the first the general dyete muste be suche, as therby the humours may be attenuate, and by conuenient euacuacyon, brought to a moderate quantytee. As foz the second must be cozrected with mea= tes and dzinkes of contrary qualitees, hauynge

alway respecte to the age of the person, tyme of the yere, place of habytacyon, and most specially the vnyuersall complexion. For choler offendynge in an olde manne, in wynter tyme in a colde countrey, or the person beyng of his naturall complexion, flcumatyke or melancholye, would not be so aboundantlye expulsed or subdewed, as if it be in one young and lustye, in the hotte sommer, in the countreis, where the sõne feruentlye burneth, or the person of hys proper nature is very choleryke. And in likewyse contrarye. Wherefore euery man, knowynge hys owne natural complexion, with the qualytee of the humour that offendeth, let hym make temperaunce hys chefe coke, and remembryng that whyche I haue before declared, or dayne to himselfe suche dyete, as maye refourme the offence wyth none or lyttel annoyance to hys vniuersal complexyon. And yf he can so do, he shal happily escape, not onely dyuers sycknesses, but also the most pernicyous daunger, procedyng of corrupted drugges or spyces, whereof some couetous potycaryes doo make medycynes, maugre the heades of good and wel learned physycyons.

¶ Sicknes most common to particular tymes of the yere and ages. Cap. 7.

Although I do not intend to write of the cure of egritudes or sicknesses confirmed aswel because it myght be reputed in me a greate presumpcyon, as also for as muche as it were very perylous, to diuulgate that noble

noble ſcyence, to common people not learned in lyberal ſcyences and phyloſoppye, whyche be requyred to be ſuffycyently in a Phyſicyon. And moreouer, manye bookes of Hippocrates and Galene ought to be redde, before that one dooc take vpon hym the generall cure of mennes bodyes: yet not wythſtandynge. I truſte I maye without any note of arrogãce write, what dyſeaſes do moſt commenly happen in ſundrye tymes of the yeare, and ages of men and women, wyth ſome ſignyficacyous, wher by the diſcraſie or dyſtemperature of the bodye is perceyued, to the intent that the phyſicion beyng farre of, may be truly informed, conſidering that vrines farre caried, do often deceue them, and likewyſe lacke of the ſyght of the pacyente, and inquyſycyon of thynges, whych do precede or folowe the ſyckeneſſe. And wyth thys I truſt none honeſt and charytable phyſycyon wyll be offended, but rather geue to me thankes for my dilygẽce, in the aduauncyng of their eſtimacion, which by lacke of perfect inſtruction hath been appayred.

¶ Syckneſſes of ſpryng tyme.

☞ Dyſeaſes procedyng of melãcholy, as madneſſe, fallynge ſyckeneſſe, bleedynges, quinces, poſes, hoarſeneſſe, cowhes, leprys, ſcabbes, ache in the ioyntes.

¶ Sickeneſſes of Sommer.

¶ Many of the ſayde dyſeaſes, alſo feuers con-

tinual, hotte feuers, feuers terciane, quartayne vomites, flixes, watering of eyes, peynes of the eares, blysters and soares of the mouthe and sweattynges.

¶ Sycknesses of Autumne.

¶ Dyuers of sommer syckenesses, also oppylacyons of the splene, dropsyes, consumpcyons, strangulions, costiuenesse, ache in the hucklebones, shortnesse of wynde, fretyng of the bowelles, fallyng sickenesse, and melancolyke diseases.

☞ Sycknesses of Wynter.

✕ Stitches and griefes in the sides, inflamacion of the lunges, reumes, coughes, peines in the brest, sides, and loynes, head ache, and palseis.

¶ Sycknesses happyng to chyldren.

Whan they be newe borne, there doe happen to them sores of the mouth called Aphte, vomityng, coughes, watchynge, fearefulnesse, inflamacyons of the nauel, moysture of the eares.

Whan they brede teeth, itchynge of the gummes, feuers, crampes, and laskes.

Whan they waxe elder, than be they greeued with kernels, openesse of the mould of the hed, shortenesse of wynde, the stoane of the bladder, wormes in the bealy, waters, swellyngs vnder the chynne, and in England commonly purpyles, measels, and smal pockes.

Sick-

Sickneſſe happynge to yong men from .xiiii. yeres of age.

¶ Feuers cotidyane, terciane, quarteyne, hotte feuers, ſpittyng or vometynge of bloud, pleureſies, dyſeaſes of the ſydes, inflammacyon of the lunges, lethargies, franſie, hot ſickneſſes, choleryke paſſyons, coſtriueneſſe of vehemēt laſkes

Sickneſſes of age.

Difficultee of breath, reumes with coughes, ſtrangulyon, and difficultee in pyſſynge, ache in the toyncte, dyſeaſes of the raynes, ſwymminges in the head, palſeies, itchyng of al the body, lacke of ſleepe, moyſture in the eyes and eares, dulneſſe of ſyght, hardneſſe of hearynge, tyſicknes, or ſhortnes of breath.

¶ Although many of the ſayde ſyckeneſſes doe happen in euery tyme and age, yet becauſe they be moſt frequent in the ſayd tymes and ages, I haue wrytten them, to thentēt that in the ages and tymes moſt inclyned vnto them, ſuch thinges mought be than eſchewed, whyche are apte to ingender the ſayd dyſeaſes.

The general ſignificacions and tokens of ſickneſſe. Cap. 8.

If the body be hotte, colder, moyſter, drier, leaner, fuller, the coloure more pale or ſwarte, the eyes more holow thā is accuſtomed to be, it ſignifieth that the bodye is dyſpoſed to ſyckeneſſe, or all readye ſycke.

The

The brayne sicke
- Rauynge.
- Forgetfulnesse
- Fantasye.
- Humours comming from the rouke of the mouthe, the eyes, the nose, or the eares.
- Watche.
- Sleepe.

The heart sycke.
- Difficultee of breath.
- Trembling of the herte.
- Beatyng of the pulse.
- Feuers.
- Colde.
- Diuersitee of colours.
- Griefe aboute the heart.

The lyuer sycke.
- Lacke or aboundaunce of humours.
- The fourme of the bodye altered.
- Paleneſſe.
- Concoction.
- Dygestyon.
- Alteracion of excremētes accustomed.
- Peyne in the place of the lyuer.
- Swellyng.
- Dyfficultee of breath.

The stomake sicke
- Concoction slowe or quycke.
- Appetite of moyst or dry bul or quycke.
- Seperacion of excremētes moist or hard wyth theyr colours.
- Yexeng.
- Weikyng.
- Wometyng wyth peyne and dyfficultee of breth.
- Vrine much or lytel with the coloure & substance to redde or to paale, to thycke or to thinne.

The breast sicke.
- Difficultee of breth.
- Cowgh.
- Spyttyng.
- Peyne in the breast.

¶ Thys haue I written, not to geue iudgemēt therby, but only for the pacyent to haue in a redynes, to thintent that whatsoeuer he feeleth or perceyueth in euery of the sayd thynges, therof to instruct hys physicion, whervnto he may adapt hys counsayle and remedyes.

¶ Of Urines. Cap. 9.

FOrasmuch as now a dayes the most cōmō iudgement in sickness is by vrines, whych being far caried or much meued or stāding longe

longe after that it is made, the fourme therof is so altered, that the phisicio shal not perfitly perceiue the natural colour, nor cõtentes, although it be neuer so wel chauffed at the fire, as Actuarius and other great learned mẽ do affirme. I wyl therfore somwhat speake of vrynes, not so much as a physicion knoweth but as muche as is necessarye to euerye man, for to perceyue the place and cause of hys greefe, whereby he maye the better instruct the physicyon.

¶ Fyrst in vrine, foure thynges are to be considered, that is to say, the substaunce, the colour, the regyons or partes of the vryne, and the contentes or thynges therin conteyned.

Also forasmuche as in the bodye of man bee foure qualities, heate, colde, moysture, and dryeth, two of them, heate, and colde, are causes of the colour, drith and moysture are causes of the substaunce.

Moreouer in vrine, beyng in a vessel apt therunto to be sene, are thre regiõs. The lowest region in the bottom of the vrinal, cõteinynge the spaces of two fingers or litte more. The myddel region, from whens the lowest ended vnto the cerkle. The hyghest regyon is the cerkle.

The hyghnesse of the colour signifieth heate: the pale, blacke, or grene, signyfieth colde.

Also the grossenes or thickenesse of the vryne sygnyfyeth moysture, the clerenes or thinnes, sygnyfyeth dryeth.

The colours of the Vrynes.

Colour of bryght golde. } Perfite dygestyon.
Colour of gylt. }

Red

Red as a red apple or chery.
Wase redde, lyke to bole, armenake, or saffron dry.
Redde gloswyng lyke fyre.
} Excesse of dygestion.

Colour of a beastes lyuer.
Colour of darke red wyne
Grene lyke to coleworte
} Adustion of humours.

Leaddy colour.
Blacke as ynke
Blacke as horne
} Feblenes or mortyfycacyon of nature, excepte it bee in purgynge of melancoly.

Whyte clere as water.
Gray as a horne.
Whyte as whay.
Colour of a camels heare.
} Lacke of dygestyon.

Pale lyke to broth of fleashe sodden.
} The begynnynge of dygestyon.

Citrine colour or yelow.
Subcitrine or paler.
} The myddel of dygestyon.

Whyte and thynne betokeneth melancolye to haue domynyon.

Whyte and thycke signyfieth fleume.
Redde and thycke betokeneth sanguyne.

Red and thynne betokeneth choler to haue the soueraynte.

The

The fourthe

¶ The substance of the Urine. Cap. 10.

AT the first pyssyng, all vrynes welnygh doe appere thinne, as longe as they abyde warme, for naturall heate, duryng the tyme that it preuayleth, suffreth not that the lycoure, whyche is the substaunce of the vryne, to congele or be thicke for anye occasyon, but after that heate is gone, some vrines shortly, some a lōger time after, ware thicke. Likewise some time, some are pissed thicker, & after ware clere some remayne styll as they were made, some be meetelye thycke, as they were troubled, some very thycke and grosse. They that ware cleare, sone doe gather that, whyche is thycke into the bottome of the vrynall, some remayne troubled the grossenes notwythstandyng gathered in the bottome. Semblably the dyuersitee of thyne or subtyl vrynes, muste bee perceyued, that is to saye, that some are very subtyll as water, some lasse subtil, some in a meane betwene thicke and thynne.

¶ Of thynges conteyned in the vryne, some doe dysceñ downe to the bottome, and be called in a greke word Hypostasis, in englyshe some eal it the prounces, some the residence, whych yf it be whyte, lyght rysyng vp from the bottome of the vrynal, like a peare, it signifieth helth, if it be of any other figure or colour, it betokeneth some a noyance. If lyke thynges be seen in the myddel of the vrynal, they be called sublacyons, yf they approche vnto the hyghest regyon of the vryne,

they

☞ The substaunce of the Vryne. Cap. 10.

AT the first pyssyng, all vrynes well nyghe doe appere thinne, as longe as they abyde warme, for natural heat, duryng the tyme that it prenayleth, suffreth not that the lycour, whyche is the substance of the vryne, to congele or bee thycke for any occasyon: but after that heate is gone, some Vrynes shortlye, some a longer time after, waxe thycke. Lykewyse some time, some are pyssed thycker, and after waxe cleare, some remayne stil as they were made, some be metelye thycke, as they were troubled, some verye thycke and grosse. They that waxe clere, soone doe gather that, whyche is thycke into the bottome of the vrynal, some remayne troubled, the grossenes not withstandynge gathered in the bottom. Semblablye, the dyuersytee of thynne or subtyl vrynes, must be perceyued, that is to saye, that some are very subtyl as water, some lasse subtyl, some in a meane betwene thicke and thynne.

¶ Of thynges conteyned in the vryne, some doe dyscende downe to the bottome, & be called in a greke word Hypostasis, in englyshe some cal it the groundes, some the residence, whych if it be whyte, lyght rysing vp from the bottome of the vrynal, like a peare, it signyfieth helth, if it be of any other figure or colour, it betokeneth some a noyance. If lykethynges be seene in the myddel of the vrynal, they be called substactions, yf they approche vnto the hyghest regyon of the vryne,

they be named cloudes, in latin Nebula. The groundes or residences not perfect, some is like lyttel red vetches, and is called in latyn Orobea some is lyke to brannc of wheate grounde, and scuered from the meale, and is called brannye residence, in latin Furfurea, some be lyke vnto plates, hauing bredth and lēgth without thicknesse, and may be named platye residence, in latin Lauinea, some is lyke to meale, wheate, or barley, and may be named mealye resydence, in latine Similacea.

¶ There is also seen in the vryne lyke to white heares, some longer, some shorter, somtime lyke to ragges, somewhat redde. There is also seene in the vppermost part of the vryne, sometyme a some of froth, somtime belles or bubbles, sometyme there swimmeth in the vryne a thyng lyke a cobwebe, otherwhile there is about the cerkle as it were the rentyng of clothe, sometime there is in the vrine like motes of the sonne, somtime lyke the matter of a sore, otherwhyle lyke the sede of a man, also grauel or sand. And in these thynges may be dyuers colours, some whyte, some redde, some betwene bothe, some yelowe, some graye, and some blacke. All thys muste be dyligently marked, and therof separately to aduertyse the phisicion, vnto whom I referre the iudgement of the sickenesse, for the cause afore rehersed, and for as much as the iudgemente of them is very subtyl.

¶ Semblablye of ordure, whether it be verye thinne or very thycke, what other matter issueth out wyth it, what colour it is of, the sauour very

very greate lyttel or none, if it were easilye expulsed, or peynefullye, howe ofte or howe seldome.

☞ Moreouer of sweate, what coloure it is of and of what sauoure, yf in tastynge it be salte, sowre, bitter or vnsauery.

¶ Also the vomite, if it be of one colour or manye, yf it do smell horrible, of what humoure it had most abundaunce, if it were fastynge, or after meales, yf it were peynefull or easy.

¶ Lykewyse spyttell, whether it be thycke or thinne, or myxt with bloud, or matter corrupt, accordyngly of the humour issuynge oute at the nose, and yf that the bloude, than whether it bee redde, watry, or blacke.

¶ Moreouer, it may not be forgotten, to aduertyse the physicion of the diet vsed by the pacient, as wel afore the sickneſſe, as in the tyme of the syckneſſe, hys age, the strength of hys body, his exercise, and place where he lengest abode in his youth, whether it were hye or lowe, watrye or drye, hotte or colde.

¶ This I trust shalbe sufficient to instructe a phisicion, he that desyreth to knowe more partyculerlye hereof, let hym reade the bookes of Hippocrates, Galene, Cornelius Celsus, Actuarius, Paulus, and dyuers other late writers, for this lyttel treatyse may not receyue it.

The fourthe

¶ The precepte of the auncient phylicion Dyocles vnto the kynge Antigonus. Cap. 11.

WE wyl now deuyde the body of man into foure parts, the head, the bulke, called in Latyne, Thorax, whyche conteyneth the breaste, the sydes, the stomacke, and entrayles.

The bealye, called in latyne Venter, conteyneth in the Paunche and Bowelles. Also the bladder, called in latin vesica, in the which name is also conteined the cõduites, by the whych vryne passeth. Whan any dysease approcheth to the head, these tokens doe commonly procede, swymmyng in the head, head ache, heuynesse of the browes, soundyng in the eares, pryckynges in the temples, the eies in the morynge do water or waxe dymme, the smellyng is dul, the gũmes do swel. Whan thou feelest suche tokens, forthwith pourge the head wyth somwhat, not with vehement medicines, but takyng Isop or Organum, and the croppes of them boyle wyth whyte or claret wyne, haife a pynte, and therewyth gargaryse your mouth fastyng, vntyl the fleume be pourged out of your head, thys is the easiest medicine in discrasies of the head. It is also very holsome to gargaryse the mouthe and breast with hony water, where into mustard is put and mingled, but first the head must be rubbed wyth a warme clothe, that the fleume may easily come out of the head. And if these tokens be neglected, these maner of syckenesses doe folow soone after, bleared eyes, and humours lettynge

tynge the ſyghte, clefftes in the eares, ſwellynges in the necke full of matter, called the kynges euyl, corrupcion of the braynes, ipoſes or reumes heuyneſſe of the head, and tooth ache.

When the bulke is lyke to ſuffer anye ſickneſs, it is perceiued by theſe tokens, all the body is in a ſweat, the bulke moſt ſpecially, the tong waxeth thicke, the ſpyttel is eyther ſalt or bytter, or cholerycke, the ſides and ſhoulders do ake without any occaſyon, the patyent gapeth often, alſo there doeth happen much walkynge, ſuffocacyons or lacke of breth, thirſt after ſlepe, the mind is vexed wyth heuynes, alſo the breaſte and armes are very colde, and the handes do tremble. Againſt theſe thynges this remedy may be prouyded. After a moderat ſupper aſſay to vomite without any medicine, vomit is alſo profitable, whyche meate doeth folowe. He that in ſuche wyſe wyl vomite, let him eate haſtily ſmall radyſh rootes, townkerſes, roket, ſenuy, or pourſlane, and drynke after it a greate quantytee of warme water, and prouoke hym ſelfe to vomit. He that ſetteth lyttel by the ſayde tokens, lette hym feare theſe ſickneſſes folowyng, the pleureſy, the ſickneſſes of the longes, melancholy or madneſſe, ſharpe feuers, the franſie, the letargie inflamacyon wyth yexyng.

¶ If any ſyckeneſſe be toward the bealye, they may be eſpyed by theſe tokens, the bealy is firſt wrapped together, and in it ſelfe is troubled, al meates and drynkes doe ſeme bytter in taſte, he feeleth heauynes in his knees, a ſtifneſſes in his ioynes, a wearynes in all hys bodye, wythoute

iny occasyon, a sleppynesse in hys legges, wyth a
ytle feuer: whan thou feleſt theſe tokens, mol-
ify thy bealy, not with medicine, but with good
order of dyet, for it is beſt and moſte ſure to vſe
thoſe thynges, wherof lightly maye enſue none
annoyance, in the noumber of them are beetes
boyled in water of honye, garlyke ſodden, ma-
lowes, forell, Mercurye, and all thynges con-
duyte in hony. All theſe doe expell the ordure of
the bealy, but yf anye of the ſayde ſygnes doeth
more and more increaſe, the licour, wherein the
ſede of Cartham⁹, called alſo Cuicus, is boyled
is a pleaſaunt ſure medicyne, ſmall colewortes
boyled in a good quantitee of water, the lycour
therof in meaſure two pintes, ſauyng the third
part of a pynte, wyth hony and ſalt being dron-
ken, ſhal profite muche. Cicer, and the pulſe cal-
led in latin Eruum, in englyſh (I ſuppoſe) chit
tes, in water dronke faſtyng, hath the ſame ef-
fecte. To them, whych ſet lyttel by the ſayd to-
kens, theſe dyſeaſes do ſodenly happen. Flux of
the bealy, bluddy flux, ſlyppernes of the bowels
peynes in the guttes, ache in the huckle bones,
the feuer tercian, the goute, the apoplexie or pal-
ſie in ~~the lymmes~~, hemorroydes, aking of iointes.
℞ Whan the bladder is towarde any ſickneſſe,
it is perceiued by theſe tokens, fulnes felt after
lyttel meate, breakyng wynde downwarde and
vpward, paleneſſe of colour in all the bodye, he-
uye or troublous ſlepes, the vrine pale, and paſ-
ſyng forth peinfully, ſwellynges about the cod-
des and priuy membres. Whan theſe tokens ap-
pere, than is it expedient to haue remedy of odo-

riferous

ryferus thynges, whych do expel vryne, whych shal be doen without any perpl, wyth the rotes of fenel and perſely ſteyped one or two dayes in good whyte wyne, and to drinke therof faſting euery morning three oũces and two drammes, wyth the water of wild carettes, or elicampane whych of theſe is next at hande, euerye of them haue lyke effect. Alſo water wherein the peaſe called in latine Ciceres, are ſteped, being drõke with wyne, is like commodious: he that negiecteth the ſayd tokens, let him loke for theſe ſicknesſes folowynge, the dropſie, the greateneſſe of the ſplene, gryefe in the lyuer, the ſtone, ache of the backe, or peynes in the raynes, the difficulty of vrine, fulneſſe of the bealy. In al theſe thynges that we haue ſpoken of, wee ſhall geue to chyldren moſte eaſye medycynes, to men, thoſe whyche be ſtronger in worckynge. This dyet of Diocles, although at thys tyme it ſeemeth not moſte pleaſaunt, nor accordynge to the practyſe now vſed, yet beyng tempred wyth that whych I haue before remembred, ſome thynge may be found in it, whych beyng experyenced, maye be as commodious for the helth of mans bodye, as that diete which is more curyous or pleaſaunt.

¶ Of them in whoſe ſtomacke meate is corrupted. Cap. 12.

They in whom cuſtomably meat is corrupted, let them afore that they eat any meate aſſay to vomite, drynkyng ſwete wine, abſten from meate, that ingender

botches, inflamacyons, fumouse ructuacyons or vapours, and take suche as nouryshe good iuyce, and chose them out whych do mollifie the bealy, and at sundrye tymes take them. It is also good to take temperately that whyche looseth the bealy, as the medicine called Diera, and to abstayne from such thynges wherby yll iuyce is gathered, and doe ingender sycknesses, harde to be cured or neuer, as goutes, bone ache, peynes of the raynes, &c.

¶ Of the Uertue of meates. Cap. 13.

HE that is studious about the conseruacion of heith, he nedeth to knowe the vertue of meates. The meate whych hath vertue to extenuate, or make humours subtyll, it openeth the pores, and bryngeth forthe that whyche is faste in the fleashe, it maketh that whyche is clammy, subtyll, and doeth extenuate or relente that whych is fat, it bryngeth forth that which abydeth long in the bealy, but that whych is eaten, is a superfluity, watry and cholerycke, and at length maketh melancholike bloud. Wherfore muche vsyng of them is prohibited, specially to them that are cholerycke, and onelye serueth for them that are replete with fleume, crude or vndigested humours, clammy or fatte. The diet of fattyng thynges doth noryshe abundauntlye, so that the stomacke and liuer do digest wel, meate of good iuice, maketh good blud, but yet it stoppeth the liuer and splene. These do they, which make fatte humours onelye, as the pulse called

Lenti-

Lenticula, and they that are ſlymie lyke malo-
wes, ſome doe make fatte humours, and bee al-
ſo ſlymie, as fiſhes wyth hard ſhelles. Finallye
the diet, whych doth extenuate and make leane,
is moze ſure foz kepyng of heith, than that whi-
che fatteth much. Nouriſhyng meates ſhold be
therefoze moderatelye vſed, whan a man per-
ceiueth hym ſelfe to haue nede therof, it may be
moſt ſurelye vſed of them that be exercyſed tem-
peratly, and can ſlepe whan they liſt. They that
cannot ſlepe by reaſon of exercyſe, let them eſ-
chewe fattyng meates, let none ydell perſon at-
tempt to vſe them. In the preſeruacion of heith
ſluggardye is the greateſt myſchyefe. Lyke as
temperate mouynge is good, ſo is the meate
whyche betweene thicke and thinne, is to mās
health moſte conuenyente, whyche ingendreth
bloud, accordyng to the competent conſtytucion
of mans bodye, and therefoze it is to be chyefelye
vſed. Meate of yll iuice is alway noyful, wher-
foze it ought to be eſchewed. Lykewiſe the va-
rytye of meates is to be obſerued dylygentlye,
foz it is a greate thyng to coupel wel to-
gether thynges of contrary vertues,
foz yf they bee not well dygeſted
that whyche receyued, may
bryng dyſplea-
ſure.

The fourth
Cadyete preseruatyue in the tyme of pestylence. Cap. 14.

THe bodyes moste apte to be infected, are specially sanguine, next to colerike, than fleumatike, last melācholike, for in them the hamour beynge colde and drye is moste vnapt to receyue putrifaction, hauing also strayte passages, by the whych venym must passe. The diet conuenient for that time is to abstaine from meates, inflamyng and openynge the pores, also from heate of the sonne, from to muche heate or fyre, or garmentes, from euery hot herbe, and muche vse of tart thynges, excepte onyons and cykory or radyshe with vineger, for they do resist against venime, from wyne very fumysshe, exercise incontynent after meales, from sweatynge, from all thynges that wyl cause oppylacyon and putrifactyn, from thynges hotte and moyst, where moisture hath the dominion in degree, specially beyng not sufficiently boyled, also from mylke, excepte it bee in a lyttel quantytee, and that wyth a lyttel sugar. Fruictes and herbes colde and drye, and therewyth sowre or somewhat bitter, are not prohybited. If ye eat figges, grapes, or swete cheries, eate after them of an orenge wyth salt. If ye eate thynges cold and moyste, as cucumbers, melons, fyshe softe and freshe, or damsyns, eate by and by after, some fenel, and orenge with salt, drinkyng therwith a draught of good wine. Beware of mussheroms, muche purslane, gourdes, and all other thynges, whyche wyl soone putrifye, not

wyth

withstanding, I wyl not forbid eatynge of lettyse, wyth a fewe mintes, or myxte with Cinamom. Al thynges sewre are commended, aswel in dyete conseruatyue, as in that which is curatiue or healeth, except where there is straytnes of the brcast, or weakenes of the stomacke, then ought they to be tempred wyth sugar, salte, almond mylke, cynamom, pepper, fenell, saffron, egges, and some thyng that is fat or vnctuous. Capers are good to be vsed with vineger, chese very fatte and salt, is not commended, no more is colewortes, or any kynd of pulse, except chittes: greate peason, rapes, nor spynache is good. Also there be forboden rokat and mustard, muche wyne and egges, excepte they be eaten with sorell sauce, vineger or iuice of orenges, perselp, and also parsnepes be good. Newe wynes be noyfull, let the meate bee somewhat more than drynke, but yet sustein not to much hunger nor thyrst, beware of lechery, of a cloudye weather and close, eschue much resort of thronge of people, wyndes commyng from sennes or moores, from slepe at none, vse wyth youre meate thys pouder, sanders redde, halfe an ounce, Cynamom three drammes and a halfe, saffron halfe a dramme. After your meate, eate a lyttel of coriander seede, wel prepared. In the mornyng at a temperate fyre kembe your heade backewarde, clense your body and head of all superfluityes, vse also moderate fricasies, wyth swete perfumes and odours, washe oftentymes youre face and handes with pure vineger myxt wyth rose water. In colde weather myxte wyth myntes

bauline,

baulme, rue or myrtes, and sometime wyth cloues. In hotte sommer wyth roses or violettes Above al things vse to make white wine, good whyte vyneger roset, water of roses, in equall porcyons, put thervnto a lyttel setuall, or of the rynde of a citron, and drynke therof a lyttel, and oftentymes washe therewyth your hands and vysage, Medicines preseruatiue against the pestylence, whyche be alway most redy, are these, a figge wyth rue, and a walnut eaten fastynge, also triakle, or mithridate, to olde men a dr̃ame weyghte, to younge men halfe a dramme, or a scruple, dyssolued in vyneger and rosewater, or in water of tormentyll, scabyose or baulme, yf the plague be in sommer, yf it be in wyntre, put to the waters some whyte wine. Also the pilles called commonly Pilule Ragis (but in deede they were inuented by Rufus) are very excellēt specyally yf the aloes, which is in it, be washed, and thervnto added a lyttel Bolus armenus, et Terra sigillata. And yf the person be of hotte complexion, a quantytee of sorell seede, and red coral, this confectioned with syrope of citrons, in colde complexions, or to old men with whyte wyne, vse them euery thyrde daye, one pyll at a time, thre howres or foure afore dynner or supper. If ye take tryakle or Mithridate, abstaine from meate at the least syxe howres after. A pyece of the roote of setual, borne in the mouth, preserueth from infection. In lykewyse doeth sorell chewed fastynge, and the iuyce sucked downe. To poore men Marsilius was wonte to geue a toaste of breade styeped in vyneger,

wyth

wyth a pyece of an onyon or Rue. All thynges whych be cordynal, that is to say, whyche doe in any wyse comforte the hert, do resist pestylence, vehement anger, or heuynesse, be very pernycious. Other more exquysyte and costlye preseruatyues, I pourposely passe ouer. which Marsilius, and other phisicyons do wryte so aboundauntlye, for asmuche as I desyre to be in thys woorke compendious. One thynge I had almoste forgotten, that there is no better preseruatiue, than to flee from the place corrupted, betyme and farre of, and to let none approache you, that hathe made theyr abode, where the plague is feruente. Moreouer, receiue not into youre house anye stuffe, that commeth oute of a house, where in any person hathe been infected. For it hath bene sene, that such stuffe, lynge in a coffer faste shutte by the space of two yeres, after that the coffer hathe bene opened, they whych haue stand nygh to it, haue ben infected, and soone after haue dyed. But here I alwaye except the power of God, whych is wonderful, and also mercyful, aboue mans reason or counsel, preseruyng or strykynge whome, whan, and where it shall lyke hys maiestye, to whome be glory and prayse euerlastyng. Amen

Thus make I an end of thys treatyse, desiryng them that shal take profite therby, to defend it agaynst enuious dysdaine, on whome I haue set the aduenture, for the loue that I beare to my countrey, requiryng al honest phisicyons to remember, that the intent of my labour was that men and women readyng this woorke, and ob-

obseruyng the counsayles therin, should adapte therby their bodies, to receiue more sure remedye by the medicines prepared by good Phisicions in dangerous sycknesses, they keepyng good dicte, and informyng dylygently the same phisycions of the maner of their affectes, passyons, and sensyble tokens. And so shall the noble and most necessarye science of phisicke, with the mynysters therof, escape the sclander, whyche they haue of longe tyme sustained, and accordynge to the precept of the wyse man, be worthily honoured, for as much as the hygheste God did creat the phisicion for mans necessitee. And of the earth created medicine, and the wyse man shal not abhorre it. Thus fare ye wel gentyl readers, & forget me not with your good report, and praye to God that I be neuer worse occuppyed.

Finis.

(*,*)

¶ IMPRINTED AT LONDON
in Fletestrete nere to Saynct
Dunstones Churche by
Thomas Marshe.
(·.·)